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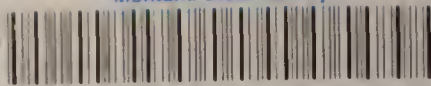
Montana Youth Risk Behavior Survey

Alternative Schools



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MONTANA YOUTH RISK BEHAVIOR SURVEY REPORT - 2001
FOR ALTERNATIVE SCHOOLS

**STATEWIDE ANALYSIS OF
SELECTED BEHAVIOR RISK FACTORS**

October 2001

**Prepared for
Montana Office of Public Instruction
Division of Health Enhancement
HIV/STD Education Program
PO Box 202501
Helena, Montana 59620-2501**

**by
Dodge Data Systems, Inc.
1617 Euclid Ave, Suite 5
Helena, Montana 59601**

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- the co-sponsors of the YRBS -- the Montana Board of Crime Control, the Montana Department of Public Health and Human Services, the Billings Area Indian Health Service, the Montana Department of Transportation, Healthy Mothers/Healthy Babies Montana Coalition, Blue Cross and Blue Shield of Montana, and Montana Communities in Action;
- the district superintendents, school principals and teachers who cooperated with and supported the survey;

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Introduction



I. INTRODUCTION

The Youth Risk Behavior Surveillance System is an epidemiologic surveillance system that was established by the U.S. Centers for Disease Control and Prevention (CDC) to help monitor the prevalence of behaviors that not only influence youth health, but also put youth at risk for the most significant health and social problems that can occur during adolescence and adulthood. A review of the leading causes of death among youth aged 15-24 in the United States reveals that nearly 72 percent of all deaths in this age group are due to four causes: motor-vehicle crashes (31 percent), other unintentional injuries (11 percent), homicides (18 percent), and suicides (12 percent). Considerable acute and chronic morbidity also result from these causes.

Nationally, substantial morbidity and social problems also result from the approximately one million pregnancies that occur each year among females aged 15-19 years and the estimated three million cases of sexually transmitted diseases (STDs) that occur each year among persons aged 10-19 years. One out of every six cases (one of five in Montana) of acquired immunodeficiency syndrome (AIDS) that is diagnosed in the United States occurs among those who are aged 20 to 29 years old. Since the average incubation period between human immunodeficiency virus (HIV) infection and AIDS diagnosis is ten years, a high proportion of those 20 to 29 year olds diagnosed with AIDS were infected as teenagers. HIV infection is now reported as the fifth leading cause of death among persons aged 15 to 24 years old.

Mortality, morbidity, and social problems that teenagers encounter are largely related to a small number of negative behaviors such as drinking and driving and sexual intercourse at a young age. Tobacco use, excessive consumption of fats, and insufficient physical activity (behaviors formed during adolescence) are known to lead to diseases that are not manifest until adulthood. These behaviors and associated health problems are largely preventable.

In 1988, CDC initiated a process to identify and monitor important health behaviors among youth. The leading causes of mortality, morbidity, and social problems among youth were analyzed and behaviors contributing to these problems were identified and categorized into six risk areas: 1) behaviors that result in unintentional and intentional injuries; 2) tobacco use; 3) alcohol and drug abuse; 4) sexual behaviors that result in HIV infection, other sexually transmitted diseases, and unintended pregnancies; 5) physical inactivity; and 6) dietary behaviors.

The purpose of the Montana Youth Risk Behavior Survey (YRBS) is to assist educators and health professionals in determining the prevalence of the aforementioned health-risk behaviors among Montana youth. This report describes the results of the survey and the methods used to conduct the survey. The results will be used to focus the continuing

development of statewide comprehensive health education and to reduce those health behaviors that place Montana youth at risk.

Survey results for each of the risk factors are presented in two parts:

1. an overview of the risk factor as it applies to Montana youth; and
2. highlights of the results of the 2001 YRBS for Montana students in alternative schools in bullet format.

Appendix A lists all survey questions and corresponding frequency distributions, while Appendix B contains graphs associated with the highlights presented in the text. Appendix C also contains charts of specific questions asked in the 2001 YRBS.

Survey Methods



II. SURVEY METHODS

DESCRIPTION OF YRBS

The Youth Risk Behavior Survey (YRBS) was developed cooperatively by the Centers for Disease Control and Prevention (CDC), 19 other federal agencies, and state and local departments of education to measure the extent to which adolescents engage in health risk behaviors. The 2001 survey instrument consisted of 99 questions which assessed the six priority health risk behaviors which result in the greatest amount of morbidity, mortality, and social problems among youth. These behaviors include behaviors that result in intentional and unintentional injuries; tobacco use; alcohol and other drug use; sexual behaviors that result in HIV infection, other sexually transmitted diseases, and unintended pregnancies; physical inactivity; and dietary excesses and imbalances.

SAMPLE SELECTION PROCESS

All 15 alternative schools in Montana were eligible to be selected for inclusion in the sample. Seven schools elected to participate in the volunteer sample and 73 percent of the students in these schools volunteered to participate in the survey. A total of 361 alternative school students participated in the 2001 Montana Youth Risk Behavior Survey. The results presented in this report are based on the behavior and opinion of the participants in the sample; because the survey was not random it is not possible to use the results of the survey to draw conclusions about all alternative school students in Montana.

Superintendents of school districts were contacted during November 2000 to obtain approval to approach principals of randomly selected schools about the survey. Sufficient time was allowed to gain school board and/or parent approval, and to answer any questions about the survey. Each participating school submitted a list of second-period classes and a random set of these classes was selected and surveyed. In smaller schools, a census of students was attempted. Survey coordinators from each school were assigned by school administrators and packets of information, including instructions, survey booklets, and answer sheets, were mailed to each school during March 2001. Surveys were administered during second-period classes and returned to the Office of Public Instruction (OPI) for processing within one week of survey administration.

Teachers administering the survey to students were provided with detailed written instructions to ensure uniform survey administration across sites. To encourage accurate responses to sensitive questions, a strict protocol was implemented to **protect the privacy and confidentiality of all participating students**. Participation in the survey was voluntary. Students could decline to participate, turn in blank or incomplete survey forms, or stop completing the survey at any time. The protocols used in the YRBS ensure that participating schools are not violating any federal laws protecting students' rights and privacy, including the Protection of Pupil Rights Amendment and the Family Educational Rights and Privacy Act (FERPA).

SURVEY VALIDITY AND LIMITATIONS

The 2001 Alternative School Youth Risk Behavior Survey was not a random survey. It would not be valid to generalize the findings from this survey to all alternative school students in Montana. It is only valid to attribute the results of this survey to the 361 students who reported their behaviors in response to the items in the questionnaire. In addition, respondents in self-reported surveys may have a tendency to under-report behaviors that are socially undesirable, unhealthy, or illegal (alcohol consumption, drug use, seat belt nonusage, etc.) and overreport behaviors that are socially desirable (amount of exercise, etc.).

Survey Results



III. SURVEY RESULTS

INTENTIONAL AND UNINTENTIONAL INJURIES

Overview

Accidents are the leading cause of death among Montana youth aged 15 to 19 years old. In 1999, 70 percent of deaths among youth aged 15 to 19 years old in Montana were attributed to accidents (Montana Department of Health and Human Services, 1999 Vital Statistics). Sixty-nine percent of these accidental deaths were due to motor vehicle crashes. The second leading cause of death among Montana youth in 1999 was suicide, which accounted for 14 percent of all deaths. Obviously, controlling or lowering the death rate due to these two causes, which account for over three-fourths of all deaths among Montana youth, would not only preserve Montana's most important resource, but also increase the social and economic well-being of the state and its population.

Ten questions were asked of participants in the survey regarding intentional and unintentional injuries (see Appendix A). Questions related to intentional and unintentional injuries were developed for middle and high school students throughout the United States and, consequently, some of the questions may not relate well to youth in Montana. In particular, many Montana students may carry firearms for hunting or predator control and report that they are carrying a weapon -- even onto school property. The purpose for carrying these weapons may not have any relationship to self-protection or aggressive behavior as the survey was attempting to measure. However, this situation should not lessen the importance of firearm safety. Each year, Montana youth place themselves at risk for accidental injury or death when carrying firearms. The issue addressed in this survey is the access to firearms by Montana youth.

Highlights of the survey related to intentional and unintentional injuries

- In 2001, nearly one-half (47 percent) of all alternative school respondents reported "Never or Rarely" wearing seat belts when riding in a car driven by someone else. Approximately 13 percent of alternative school respondents wear seat belts all the time (Figure 1, Appendix B).
- Approximately 47 percent of the respondents, within the 30 days prior to the survey, rode in a car driven by someone who had been drinking. Within 30 days prior to the survey, one in four (26 percent) of the survey participants had driven a car when they had been drinking alcohol (Figure 1, Appendix B).
- In the past 12 months, 33 percent of the survey participants had seriously considered attempting suicide and 24 percent of alternative school students had actually made a plan to attempt suicide. Twenty-five percent of the alternative school students taking the survey reported that they had actually attempted suicide (Figure 1, Appendix B).
- During the past 12 months, 62 percent of survey respondents reported being in a physical fight. Approximately 47 percent had been in two or more fights within the past 12 months (Figure 1, Appendix B).

- In 2001, 12 percent of alternative school male respondents reported "Always" wearing seat belts, whereas 16 percent of the female alternative school respondents "Always" wore seat belts (Figure 2, Appendix B).
- Forty-seven percent of the alternative school respondents reported that, within the 30 days prior to the survey, they had ridden in a car driven by someone who had been drinking (Figure 3, Appendix B).
- Of those alternative school students riding in a car driven by someone who had been drinking (47 percent), approximately one in three (29 percent) indicated that, within the 30 days prior to the survey, they had ridden six or more times in a vehicle driven by someone who had been drinking (Figure 3, Appendix B).
- Twenty-six percent of alternative school respondents reported that, within the 30 days prior to the survey, they had driven a car after drinking alcohol (Figure 4, Appendix B).
- Of those students reporting that they had been driving and drinking (26 percent), one in five (20 percent) reported drinking and driving six or more times in the 30 days prior to the survey (Figure 4, Appendix B).
- Alternative school males were far more likely to have been involved in a physical fight than females (Figure 5, Appendix B).
- In the past year, 15 percent of alternative school survey respondents reported having been injured in a physical fight (Figure 5, Appendix B).
- Physical fighting and injuries from fighting among Montana alternative school students increased slightly from 1999 to 2001 (Figure 5, Appendix B).
- Thirty-three percent of alternative school respondents reported seriously considering attempting suicide (Figure 6, Appendix B).
- Alternative school females were more likely to consider, plan, and attempt suicide than males (Figure 6, Appendix B).

TOBACCO USE

Overview

In 2000, an estimated 18.8 percent of adult Montanans reported being current smokers (Montana Department of Public Health and Human Services, 2001). One out of every five deaths in Montana can be attributed to tobacco use, as each year over 1,400 Montanans die prematurely from tobacco-related illnesses. The estimated annual cost of direct medical expenses related to smoking in Montana in 1993 was \$153.4 million (CDC, State Tobacco Control Highlights, 2001). Eighty percent of people who use tobacco start smoking or using smokeless tobacco before age 18, thus making nicotine addiction a disease that begins in childhood (U.S. Department of Health and Human Services, 1994).

Twelve questions were asked of Montana alternative school students regarding the use of tobacco (Appendix A). The questions related to frequency and use of both cigarettes and smokeless tobacco. In addition, several questions were asked about the use of tobacco products on school property.

Highlights of the survey related to tobacco use

- Ninety-five percent of alternative school students have tried smoking. Two-thirds (67 percent) smoked cigarettes on one or more days in the month prior to taking the survey. Both of these figures represent declines from 1999 rates (Figure 7, Appendix B).
- Over one-half (57 percent) of alternative school students reported that they smoked two or more cigarettes on the days they smoked (Figure 7, Appendix B).
- The number of alternative school students who currently use chewing tobacco (20 percent) remains at about the same level as in 1999 (Figure 7, Appendix B).
- Two-thirds (67 percent) of alternative school students reported that they are current smokers, i.e., that they have smoked in the past 30 days. The rate in 1999 was 75 percent of survey respondents (Figure 8, Appendix B).
- During the past 12 months, 66 percent of alternative school students who smoked indicated that they had tried to quit smoking cigarettes.
- Twenty-seven percent of the male alternative school respondents reported having used chewing tobacco or snuff during the 30 days prior to the survey as compared to 8 percent of the females. The number of male students using chewing tobacco dropped by 3 percent from 1999 to 2001 (Figure 8, Appendix B).

ALCOHOL AND DRUG ABUSE

Overview

Excessive alcohol consumption contributes to cirrhosis of the liver, motor vehicle and other accidents, suicides, homicides, and some types of cancer. Traffic accidents involving drinking historically have been and continue to be a major problem in Montana. Alcohol related crashes tend to result in more severe injuries than do crashes with no alcohol involvement. During the early 80s, fatalities related to alcohol accounted for as much as 62 percent of all fatalities. In 1999, alcohol related fatalities were at 36.8 percent (Montana Department of Transportation, 2000). In 1999, 18 percent of adult Montanans were classified as being at risk from acute drinking (i.e., consuming five or more drinks on one occasion) (Montana Department of Health and Human Services, 1999 Behavioral Risk Factor Surveillance System, BRFSS). A large proportion of this group indicated that they began drinking in high school.

Five questions were asked of Montana alternative schools regarding their use of alcohol and drugs (Appendix A). Questions related to frequency of use, age of first use, and types and forms of drugs used.

Highlights of the survey related to alcohol and drug abuse

- Nine of ten (93 percent) alternative school students had at least one drink of alcohol during the 30 days prior to the survey. Of those students who had a drink of alcohol, 25 percent were less than nine years old when they had their first drink (Figure 9, Appendix B).
- Sixty-two percent of alternative school respondents had used marijuana one or more times during the 30 days prior to the survey. In 2001, alternative school students reported the median age of first use of marijuana was 11 to 12 years old, which was similar to the age reported in the 1999 YRBS (Figure 9, Appendix B).
- Nearly one-half (47 percent) of alternative school respondents reported using cocaine at least once during their lifetime (Figure 10, Appendix B).
- Fifty-three percent of the alternative school students reported that they had five or more drinks in a row at least once during the past 30 days (Figure 10, Appendix B).
- Ninety percent of alternative school students reported smoking marijuana at least once in their lifetimes. Females were slightly more likely to have used marijuana than male students (Figure 10, Appendix B).
- Fifty-five percent of alternative school students indicated that they have used methamphetamines (also called speed, crystal, crank, or ice).

YOUTH SEXUAL BEHAVIORS

Overview

Nationally, half of all high school students have had sexual intercourse, reflecting a *decline* during the last decade from 54 percent in 1991 to 50 percent in 1999. Males are slightly more likely than females to report having had sex (The Centers for Disease Control and Prevention, Youth Risk Behavior Trends). In addition, the teen birth rate has declined steadily since 1991. The 2000 rate of 48.7 births per 1,000 females 15-19 is a record low and is 22 percent lower than the 1991 rate of 62.1. Montana teen birth rates have decreased from 58 births per 1,000 females aged 15-19 in 1970 to 35 births per 1,000 females in 1999 (U.S. Department of Health and Human Services).

Eight questions were asked of Montana alternative school students regarding their sexual activity (Appendix A). Questions related to frequency, numbers of partners, abstinence, alcohol use, and birth control.

Highlights of the survey related to youth sexual behaviors

- One in ten (12 percent) of alternative school respondents reported not having had sexual intercourse. This is about the same percentage as reported in 1997 and 1999 (Figure 11, Appendix B).

- Eighty-eight percent of alternative school students have had HIV/AIDS education (Figure 11, Appendix B).
- Fifty-nine percent of alternative school survey respondents have had sexual intercourse with four or more people during their life (Figure 11, Appendix B).
- Thirty-nine percent of the sexually active alternative school survey respondents reported wearing a condom during their last sexual intercourse. Twenty-nine percent did not use any method to prevent pregnancy.
- Eighty-eight percent of alternative school survey respondents reported having had sexual intercourse in their lifetime (Figure 12, Appendix B).
- Over one-half (57 percent) of the survey respondents reported that they had sexual intercourse within the three-month period prior to the survey.
- Alternative school males were slightly more likely to report having had sexual intercourse than females (Figure 12, Appendix B).
- Eighty-seven percent of alternative school survey respondents who have had sexual intercourse reported having had sex with multiple (two or more) partners. Female students were more likely to have had multiple partners than males – a reversal from figures reported in 1999 (Figure 13, Appendix B).
- Forty-eight percent of alternative school survey respondents who have had sexual intercourse reported using alcohol or drugs the last time they had sex. Male students were more likely to have used alcohol or drugs before sexual intercourse (Figure 13, Appendix B).
- Sixty-one percent of alternative school survey respondents who have had sexual intercourse reported not using a condom the last time they had sex (Figure 13, Appendix B).

PHYSICAL INACTIVITY

Overview

Inadequate physical activity behaviors established during youth may extend into adulthood and increase risk for coronary heart disease, hypertension, non-insulin dependent diabetes, osteoporosis, obesity, and mental health problems. In 2000, 23 percent of adult Montanans reported “no leisure time physical activity,” 76 percent reported “no regular and sustained physical activity,” and 82 percent reported “no regular and vigorous physical activity” (Montana Department of Public Health and Human Services, 2000 BRFSS).

Eight questions were asked of Montana alternative schools regarding physical inactivity (Appendix A). Questions related to types of physical activity as well as frequency of activity.

Highlights of the survey related to physical inactivity

- Slightly over one-half (58 percent) Montana alternative school students participated in sports/physical activities three or more times per week. Twenty-eight percent of alternative school students attended physical education classes daily (Figure 14, Appendix B).
- Nearly one-half (46 percent) of alternative school students watch TV two or more hours per day (Figure 14, Appendix B).
- Forty-six percent of alternative school students did strengthening exercises in three of the past seven days prior to the survey (Figure 14, Appendix B).

DIETARY EXCESSES AND IMBALANCES

Overview

Evidence suggests that approximately 33 percent of all cancer deaths in the United States are related to dietary factors (American Cancer Society, Cancer Facts and Figures, 2000). Using this average, in Montana an estimated 1,353 of the total 4,100 cancer deaths for the year 2000 were related to dietary excesses and imbalances. In addition, 21 percent of Montana youth live in poverty and thus are at risk for hunger. Montana ranked 35th among the 50 states for the percent of children living in poverty (U.S. Census Bureau, 2000).

Seven questions were asked of Montana alternative school students regarding dietary excesses and imbalances (Appendix A). Questions related to types of food the youth were eating as well as frequency.

Highlights of the survey related to dietary excesses and imbalances

- One-half (50 percent) of alternative school students think they are "about the right weight." More boys tend to think they are at about the right weight than girls (Figure 15, Appendix B).
- Fifty-nine percent of alternative school girls are trying to lose weight. Only 28 percent of the boys reported that they are trying to lose weight (Figure 15, Appendix B).
- Eighty-three percent of alternative school student respondents reported eating fruit at least once during the seven days prior to the survey. Sixty-six percent ate a green salad within the past seven days (Figure 15, Appendix B).

Conclusions



IV. CONCLUSIONS AND RECOMMENDATIONS

Results of the 2001 Alternative School Montana Youth Risk Behavior Survey indicate that although progress has been made over the past several years in decreasing risk from undesirable behaviors, Montana health, education, and social professionals need to continue to focus on those primary risk behaviors that cause the greatest amount of mortality, morbidity, and social problems among Montana youth. These primary risk behaviors are initiated during adolescence, yet the consequences of unhealthy behaviors are exhibited from adolescence through adulthood. For example, youth may start smoking in their early teens, but complications such as emphysema do not appear until adulthood.

Important risk behaviors where improvement will be needed in order for Montana to meet current health objectives are:

- **Seat belt usage** -- only 13 percent of Montana alternative school youth wear seat belts *all* of the time when riding in a car driven by someone else. This level of usage is exactly the same as the 1999 level and only 3 percent higher than the 1997 level of 9 percent. This level of seat belt usage is far short of the current objective for seat belt use of 85 percent of all occupants wearing seat belts *all* of the time.
- **Motorcycle and bicycle helmet usage** -- only 12 percent of motorcyclists and just over one percent of bicyclists are using helmets *all* of the time. The current objective is for 80 percent of motorcyclists and 50 percent of bicyclists to use helmets.
- **Vehicle-related mortality** -- the motor vehicle accident mortality rate among Montana youth is approximately 55 per 100,000 people. The current objective is to reduce deaths caused by motor vehicles to 33 per 100,000.
- **Injurious suicide attempts** -- the number of injurious suicide attempts reported by Montana alternative school youth was about the same in 2001 as in 1999 and 1997 (9 per 1,000 people). The YRBS data showed a slight increase in 2001 in the percent of students who actually attempted suicide, and Montana remains fifth highest in the nation in the rate of completed adolescent suicides. The current objective is to reduce the incidence of injurious attempts by 15 percent among adolescents aged 14-17.
- **Smokeless tobacco use** -- Montana alternative school youth are continuing to use smokeless tobacco products at rates that are higher than national trends. In 2001, 27 percent of Montana males and 8 percent of females in alternative schools used

snuff or chewing tobacco in the 30 days prior to the survey. The rate for males is somewhat lower than the 1999 rate (30 percent) while the number of females who use smokeless tobacco increased by 2 percent. The current objective is to reduce usage for males aged 12-24 to no more than 4 percent.

- **Alcohol usage** -- the 2001 YRBS indicates that approximately 64 percent of Montana alternative school youth had used alcohol in the month prior to the survey. The current objective is to reduce alcohol intake to 12.6 percent of youth aged 12-17 and to 29 percent of youth aged 18-20.
- **Marijuana usage** -- the 2001 YRBS indicates that 62 percent of Montana youth in alternative schools had used marijuana during the 30 days prior to the survey. This rate is about the same as the rate reported in 1999. The current objective is to reduce the use of marijuana in the past month to 3.2 percent for the age group that includes alternative school students.
- **Sexual behavior** -- the 2001 YRBS indicates that 88 percent of Montana alternative school youth had engaged in sexual intercourse. The current objective is to reduce this rate to 15 percent for those aged 15 years or less.

There is still much to do to achieve the national health objectives for the reported health-risk behaviors of alternative school youth. Although reported behaviors related to the risk behaviors of driving while drinking, riding with a drinking driver, suicide attempts, fighting, smoking, alcohol and other drug use, sexual behaviors, and physical activity have shown some improvement since 1999, a long-term, comprehensive approach to improving health and reducing risks is needed to provide Montana's alternative school youth with healthier lives further removed from the illness, death and social problems linked to preventable health risks.

There are several areas where Montana appears to be meeting or exceeding national objectives:

- Montana schools continue to provide HIV/AIDS education to its young people. Eighty-eight percent of Montana alternative school youth indicated they have received education related to HIV/AIDS infection.
- Over one-half (58 percent) of Montana alternative school youth regularly perform (three or more of the past seven days) physical activities that enhance and maintain muscular strength, muscular endurance, and muscular flexibility. The current objective is to increase the national rate to 40 percent.

In order for Montana to help develop youth who will become healthy, responsible adults and to meet the current health objectives, the following recommendations are set forth:

1. Ensure that comprehensive health education and programs are implemented at adequate levels to continue to educate alternative school youth. Comprehensive school health programs and policies that support what is taught in the Health Enhancement classroom encourage long-term healthy lifestyles. Going beyond the classroom (e.g., drug-free and tobacco-free schools) involves the community and other agencies in the health of its young people. There is no greater tool for changing behavior patterns than effective, skills-based, age-appropriate health education. If Montana alternative school youth are to change risk behaviors, they will need to have full understanding of the positive aspects of healthy behaviors, as well as the negative consequences of unhealthy behaviors.

Other comprehensive recommendations include:

- Communities should be encouraged to provide for developmentally appropriate preschool programs that help prepare children for school, thereby improving the prospects with regard to school performance, problem behaviors and physical health.
 - Montana students should have daily access to and participation in health enhancement classes.
 - Montana schools should be encouraged to provide programs for parents such as parenting skills and encourage parents to talk to their children regarding health issues.
 - Montana schools should consider programs that provide students who are in need of social and health services either the services or proper referrals to services (i.e., "full-service schools" or "school-linked services").
 - Montana schools should have policies and programs in place that encourage school completion for all students and reduce the incidence of school dropouts.
 - Montana schools should provide for all students guidance counselors who are properly prepared to deal with student issues.
2. Comprehensive health education and life management skills should be taught in all schools at appropriate age and developmental levels.
 3. The effectiveness of comprehensive health education programs needs to be evaluated and, if necessary, modified in order to meet current health education objectives.

4. Improve the behavior patterns of Montana alternative school youth in the following areas:

- increasing seat belt and helmet use,
- reducing alcohol use,
- reducing marijuana use,
- reducing use of tobacco products, especially smokeless tobacco, by young males and females, and
- increasing the number of youth who abstain from sexual intercourse, delaying the age of first sexual intercourse, increasing the number of sexually active youth who choose to reestablish abstinence from sexual intercourse, and recognizing that there are youth who are sexually active, increasing the use of condoms among sexually active youth.

5. Continue to address significant health-risk behaviors through prevention efforts that include the following concepts:

- Intentional and Unintentional Injuries

Montana students should have access to and participate in accident prevention education, suicide prevention education and violence prevention education programs such as peer mediation and/or conflict resolution.

Montana schools should provide policies for staff and students that encourage safe, disciplined and drug-free environments.

- Tobacco Use

Montana students should have access to and participate in tobacco education and prevention programs, including smokeless tobacco, at all grade levels.

Montana schools should be tobacco-free.

- Alcohol and Drug Use

Montana students should have access to and participate in alcohol education and prevention programs at all grade levels.

Montana students should have access to and participate in bicycle/pedestrian safety and driver education programs at appropriate levels.

- Sexuality

Montana students should have access to and participate in age-appropriate human sexuality education as part of a comprehensive school health program or as part of a family or church-based structured program in line with family and community values.

- Physical Inactivity

Montana students should engage in vigorous physical activity that promotes the development and maintenance of cardiorespiratory fitness three or more days per week for 20 or more minutes per occasion.

- Nutrition

Montana students should have access to lunch and breakfast services in the home or at school that are consistent with the nutritional principles in the "Dietary Guidelines for Americans."

Nutrition education should be part of a comprehensive school health program at all grades. Ongoing education on safe weight management practices and acceptance of body size differences in alternative school youth should be a part of nutrition education.

6. Continue collaborative efforts involving state and local agencies (both public and private) to ensure that health behavior risks of alternative school youth are addressed in a coordinated manner. Meeting the health and safety needs of adolescents requires coordinated efforts involving schools, communities, health services and parents.
7. Continue the support of comprehensive health education and programs by school boards, school administrators, teachers, health service agencies, legislators, and parents.
8. Continue to monitor alternative school youth behavior patterns using the Youth Risk Behavior Survey (YRBS) instrument developed through the U.S. Public Health Service, Centers for Disease Control and Prevention.

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APPENDIX A

FREQUENCY DISTRIBUTIONS

2001 MONTANA YOUTH RISK BEHAVIOR SURVEY ALTERNATIVE SCHOOL STUDENT FREQUENCY DISTRIBUTIONS

The following frequency distributions are based upon surveys with 361 alternative school students in Montana during March of 2001. Frequency distributions may not total 361 due to non-response and percents may not total 100 percent due to rounding.

Q-1 How old are you?

	<u>Percent</u>
A. 14 years old	5.0%
B. 15 years old	13.6%
C. 16 years old	27.3%
D. 17 years old	30.1%
E. 18 years old or older	24.0%

Q-2 What is your sex?

	<u>Percent</u>
A. Female	37.8%
B. Male	62.2%

Q-3 In what grade are you?

	<u>Percent</u>
A. 9th grade	0.4%
B. 10th grade	3.0%
C. 11th grade	25.0%
D. 12th grade	32.1%
E. Other	39.6%

Q-4 How do you describe yourself? (Select one or more responses.)

	<u>Percent</u>
A. American Indian or Alaska Native	28.8%
B. Asian	2.2%
C. Black or African American	2.8%
D. Hispanic or Latino	9.4%
E. Native Hawaiian or Other Pacific Islander	1.4%
F. White	66.5%

Q-5 During the past 12 months, how would you describe your grades in school?

	<u>Percent</u>
A. Mostly A's	11.7%
B. Mostly B's	34.8%
C. Mostly C's	28.9%
D. Mostly D's	11.1%
E. Mostly F's	4.1%
F. None of these grades	1.8%
G. Not sure	7.6%

Q-6 How tall are you without your shoes on?

	<u>Percent</u>
A. Less than 4 ft	0.6%
B. 4 ft to 4 ft, 6 in	0.3%
C. 4 ft, 7 in to 5 ft	3.6%
D. 5 ft, 1 in to 5 ft, 6 in	36.4%
E. Over 5 ft, 6 in	59.1%

Q-7 How much do you weigh without your shoes on?

	<u>Percent</u>
A. Less than 90 lbs	0.6%
B. 90-99 lbs	1.4%
C. 100-109 lbs	4.5%
D. 110-119 lbs	7.0%
E. 120-129 lbs	8.7%
F. 133-139 lbs	13.5%
G. 140 lbs +	64.2%

The next 5 questions ask about personal safety.

Q-8 When you rode a motorcycle during the past 12 months, how often did you wear a helmet?

	<u>Percent</u>
A. I did not ride a motorcycle during the past 12 months	50.9%
B. Never wore a helmet	29.0%
C. Rarely wore a helmet	5.4%
D. Sometimes wore a helmet	3.7%
E. Most of the time wore a helmet	5.1%
F. Always wore a helmet	6.0%

Q-9 When you rode a bicycle during the past 12 months, how often did you wear a helmet?

	<u>Percent</u>
A. I did not ride a bicycle during the past 12 months	35.8%
B. Never wore a helmet	59.7%
C. Rarely wore a helmet	2.3%
D. Sometimes wore a helmet	1.1%
E. Most of the time wore a helmet	0.3%
F. Always wore a helmet	0.8%

Q-10 How often do you wear a seat belt when riding in a car driven by someone else?

	<u>Percent</u>
A. Never	20.3%
B. Rarely	26.8%
C. Sometimes	19.5%
D. Most of the time	20.3%
E. Always	13.0%

Q-11 How often do you wear a seat belt when driving a car?

	<u>Percent</u>
A. I do not drive a car	20.8%
B. Never	18.8%
C. Rarely	17.9%
D. Sometimes	12.8%
E. Most of the time	12.8%
F. Always	16.8%

Q-12 During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol?

	<u>Percent</u>
A. 0 times	53.2%
B. 1 time	12.4%
C. 2 or 3 times	16.6%
D. 4 or 5 times	4.2%
E. 6 or more times	13.5%

Q-13 During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?

	<u>Percent</u>
A. 0 times	73.9%
B. 1 time	6.8%
C. 2 or 3 times	10.5%
D. 4 or 5 times	3.7%
E. 6 or more times	5.1%

Q-14 Did you complete driver education prior to, or soon after starting to drive?

	<u>Percent</u>
A. I completed driver education (both classroom instruction and behind-the-wheel training) through a junior high or high school.	31.0%
B. I only completed classroom instruction, with no behind-the-wheel training.	2.3%
C. I completed driver education (both classroom instruction and behind-the-wheel training) through a commercial driving school.	2.8%
D. I completed driver education (both classroom instruction and behind-the-wheel training) through a combination of junior or high school and commercial driving schools.	1.4%
E. No. I did not complete driver education.	62.5%

The next 10 questions ask about violence-related behaviors.

Q-15 During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club?

	<u>Percent</u>
A. 0 days	69.0%
B. 1 day	3.7%
C. 2 or 3 days	6.8%
D. 4 or 5 days	2.0%
E. 6 or more days	18.5%

Q-16 During the past 30 days, on how many days did you carry a gun?

	<u>Percent</u>
A. 0 days	85.5%
B. 1 day	4.3%
C. 2 or 3 days	3.4%
D. 4 or 5 days	1.7%
E. 6 or more days	5.1%

Q-17 During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club on school property?

	<u>Percent</u>
A. 0 days	85.7%
B. 1 day	2.5%
C. 2 or 3 days	2.2%
D. 4 or 5 days	1.4%
E. 6 or more days	8.1%

Q-18 During the past 30 days, on how many days did you not go to school because you felt you would be unsafe at school or on your way to or from school?

	<u>Percent</u>
A. 0 days	90.2%
B. 1 day	3.1%
C. 2 or 3 days	4.2%
D. 4 or 5 days	0.8%
E. 6 or more days	1.7%

Q-19 During the past 12 months, how many times has someone threatened or injured you with a weapon such as a gun, knife, or club on school property?

	<u>Percent</u>
A. 0 times	83.7%
B. 1 time	5.4%
C. 2 or 3 times	5.4%
D. 4 or 5 times	1.4%
E. 6 or 7 times	0.6%
F. 8 or 9 times	0.6%
G. 10 or 11 times	0.3%
H. 12 or more times	2.6%

Q-20 During the past 12 months, how many times were you in a physical fight?

	<u>Percent</u>
A. 0 times	37.7%
B. 1 time	15.9%
C. 2 or 3 times	20.1%
D. 4 or 5 times	7.4%
E. 6 or 7 times	3.4%
F. 8 or 9 times	3.1%
G. 10 or 11 times	2.0%
H. 12 or more times	10.5%

Q-21 During the past 12 months, how many times were you in a physical fight in which you were injured and had to be treated by a doctor or nurse?

	<u>Percent</u>
A. 0 times	84.5%
B. 1 time	8.5%
C. 2 or 3 times	3.4%
D. 4 or 5 times	2.0%
E. 6 or more times	1.7%

Q-22 During the past 12 months, how many times were you in a physical fight on school property?

	<u>Percent</u>
A. 0 times	75.8%
B. 1 time	10.4%
C. 2 or 3 times	6.8%
D. 4 or 5 times	3.1%
E. 6 or 7 times	1.4%
F. 8 or 9 times	0.3%
G. 10 or 11 times	0.0%
H. 12 or more times	2.3%

Q-23 During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you on purpose?

	<u>Percent</u>
A. Yes	21.3%
B. No	78.7%

Q-24 Have you ever been physically forced to have sexual intercourse when you did not want to?

	<u>Percent</u>
A. Yes	22.9%
B. No	77.1%

The next 5 questions ask about sad feelings and attempted suicide. Sometimes people feel so depressed about the future that they may consider attempting suicide, that is, taking some action to end their own life.

Q-25 During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?

	<u>Percent</u>
A. Yes	42.7%
B. No	57.3%

Q-26 During the past 12 months, did you ever seriously consider attempting suicide?

	<u>Percent</u>
A. Yes	32.7%
B. No	67.3%

Q-27 During the past 12 months, did you make a plan about how you would attempt suicide?

	<u>Percent</u>
A. Yes	24.1%
B. No	75.9%

Q-28 During the past 12 months, how many times did you actually attempt suicide?

	<u>Percent</u>
A. 0 times	74.7%
B. 1 time	14.8%
C. 2 or 3 times	6.5%
D. 4 or 5 times	2.0%
E. 6 or more times	2.0%

Q-29 If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?

	<u>Percent</u>
A. I did not attempt suicide during the past 12 months	73.7%
B. Yes	9.1%
C. No	17.3%

The next 12 questions ask about tobacco use.

Q-30 Have you ever tried cigarette smoking, even one or two puffs?

	<u>Percent</u>
A. Yes	95.1%
B. No	4.9%

Q-31 How old were you when you smoked a whole cigarette for the first time?

	<u>Percent</u>
A. I have never smoked a whole cigarette	7.1%
B. 8 years old or younger	22.7%
C. 9 or 10 years old	22.2%
D. 11 or 12 years old	24.7%
E. 13 or 14 years old	14.8%
F. 15 or 16 years old	6.8%
G. 17 years old or older	1.7%

Q-32 About how many cigarettes have you smoked in your entire life?

	<u>Percent</u>
A. None	4.0%
B. 1 or more puffs but never a whole cigarette	3.7%
C. 1 cigarette	2.0%
D. 2 to 5 cigarettes	4.9%
E. 6 to 15 cigarettes (about 1/2 a pack total)	1.7%
F. 16 to 25 cigarettes (about 1 pack total)	2.9%
G. 26 to 99 cigarettes (more than 1 pack, less than 5 packs)	4.9%
H. 100 or more cigarettes (5 or more packs)	76.0%

Q-33 Do you now smoke cigarettes every day, some days, or not at all?

	<u>Percent</u>
A. Every day	53.3%
B. Some days	15.3%
C. Not at all	31.4%

Q-34 During the past 30 days, on how many days did you smoke cigarettes?

	<u>Percent</u>
A. 0 days	33.3%
B. 1 or 2 days	5.4%
C. 3 to 5 days	4.5%
D. 6 to 9 days	2.5%
E. 10 to 19 days	4.8%
F. 20 to 29 days	7.3%
G. All 30 days	42.1%

Q-35 During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?

	<u>Percent</u>
A. I did not smoke cigarettes during the past 30 days	34.9%
B. Less than 1 cigarette per day	4.3%
C. 1 cigarette per day	4.3%
D. 2 to 5 cigarettes per day	19.9%
E. 6 to 10 cigarettes per day	15.3%
F. 11 to 20 cigarettes per day	17.0%
G. More than 20 cigarettes per day	4.3%

Q-36 During the past 30 days, how did you usually get your own cigarettes? (Select only one response.)

	<u>Percent</u>
A. I did not smoke cigarettes during the past 30 days	33.0%
B. I bought them in a store such as a convenience store, supermarket, discount store, or gas station .	24.8%
C. I bought them from a vending machine	1.7%
D. I gave someone else money to buy them for me	20.8%
E. I borrowed (or bummed) them from someone else	8.5%
F. A person 18 years old or older gave them to me	4.6%
G. I took them from a store or family member	1.4%
H. I got them some other way	5.1%

Q-37 When you bought or tried to buy cigarettes in a store during the past 30 days, were you ever asked to show proof of age?

	<u>Percent</u>
A. I did not try to buy cigarettes in a store during the past 30 days	57.8%
B. Yes, I was asked to show proof of age	25.3%
C. No, I was not asked to show proof of age	17.0%

Q-38 During the past 30 days, on how many days did you smoke cigarettes on school property?

	<u>Percent</u>
A. 0 days	70.7%
B. 1 or 2 days	6.0%
C. 3 to 5 days	3.7%
D. 6 to 9 days	1.7%
E. 10 to 19 days	5.7%
F. 20 to 29 days	3.1%
G. All 30 days	9.1%

Q-39 Have you ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days?

	<u>Percent</u>
A. Yes	70.7%
B. No	29.3%

Q-40 During the past 12 months, did you ever try to quit smoking cigarettes?

	<u>Percent</u>
A. I did not smoke during the past 12 months	22.7%
B. Yes	50.9%
C. No	26.5%

Q-41 Have you ever used chewing tobacco, snuff, or dip, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?

	<u>Percent</u>
A. Yes	55.7%
B. No	44.3%

Q-42 How old were you when you used chewing tobacco, snuff, or dip for the first time?

	<u>Percent</u>
A. I have never used chewing tobacco, snuff, or dip	43.3%
B. 8 years old or younger	9.9%
C. 9 or 10 years old	10.5%
D. 11 or 12 years old	10.2%
E. 13 or 14 years old	12.2%
F. 15 or 16 years old	11.0%
G. 17 years old or older	2.8%

Q-43 During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?

	<u>Percent</u>
A. 0 days	80.2%
B. 1 or 2 days	7.6%
C. 3 to 5 days	4.5%
D. 6 to 9 days	2.3%
E. 10 to 19 days	3.4%
F. 20 to 29 days	0.8%
G. All 30 days	1.1%

Q-44 During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip on school property?

	<u>Percent</u>
A. 0 days	87.0%
B. 1 or 2 days	6.5%
C. 3 to 5 days	2.5%
D. 6 to 9 days	2.0%
E. 10 to 19 days	0.6%
F. 20 to 29 days	0.3%
G. All 30 days	1.1%

Q-45 Have you ever tried smoking cigars, cigarillos, or little cigars, even one or two puffs?

	<u>Percent</u>
A. Yes	77.0%
B. No	23.0%

Q-46 How old were you when you smoked a cigar, cigarillo, or little cigar for the first time?

	<u>Percent</u>
A. I have never smoked a cigar, cigarillo, or little cigar	21.9%
B. 8 years old or younger	6.8%
C. 9 or 10 years old	10.0%
D. 11 or 12 years old	16.5%
E. 13 or 14 years old	24.2%
F. 15 or 16 years old	16.0%
G. 17 years old or older	4.6%

Q-47 During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?

	<u>Percent</u>
A. 0 days	70.5%
B. 1 or 2 days	18.5%
C. 3 to 5 days	6.9%
D. 6 to 9 days	2.3%
E. 10 to 19 days	0.9%
F. 20 to 29 days	0.9%
G. All 30 days	0.0%

Q-48 During the past 30 days, on how many days did you smoke bidis (small brown cigarettes from India consisting of tobacco wrapped in a leaf tied with a thread)?

	<u>Percent</u>
A. 0 days	80.8%
B. 1 or 2 days	11.6%
C. 3 to 5 days	3.1%
D. 6 to 9 days	2.3%
E. 10 to 19 days	1.1%
F. 20 to 29 days	0.3%
G. All 30 days	0.8%

Q-49 During the past 12 months, have you participated in any community events to discourage people your age from using cigarettes, chewing tobacco, snuff, or cigars?

	<u>Percent</u>
A. Yes	14.0%
B. No	86.0%

The next 5 questions ask about drinking alcohol. This includes drinking beer, wine, wine coolers, and liquor such as rum, gin, vodka, or whiskey. For these questions, drinking alcohol does not include drinking a few sips of wine for religious purposes.

Q-50 During your life, on how many days have you had at least one drink of alcohol?

	<u>Percent</u>
A. 0 days	6.6%
B. 1 or 2 days	4.6%
C. 3 to 9 days	8.9%
D. 10 to 19 days	5.5%
E. 20 to 39 days	12.6%
F. 40 to 99 days	12.4%
G. 100 or more days	49.4%

Q-51 How old were you when you had your first drink of alcohol other than a few sips?

	<u>Percent</u>
A. I have never had a drink of alcohol other than a few sips	5.7%
B. 8 years old or younger	23.6%
C. 9 or 10 years old	16.5%
D. 11 or 12 years old	25.3%
E. 13 or 14 years old	16.2%
F. 15 or 16 years old	11.1%
G. 17 years old or older	1.7%

Q-52 During the past 30 days, on how many days did you have at least one drink of alcohol?

	<u>Percent</u>
A. 0 days	36.2%
B. 1 or 2 days	17.4%
C. 3 to 5 days	12.2%
D. 6 to 9 days	14.8%
E. 10 to 19 days	11.0%
F. 20 to 29 days	4.9%
G. All 30 days	3.5%

Q-53 During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours?

	<u>Percent</u>
A. 0 days	46.9%
B. 1 day	9.7%
C. 2 days	8.8%
D. 3 to 5 days	12.2%
E. 6 to 9 days	11.1%
F. 10 to 19 days	6.5%
G. 20 or more days	4.8%

Q-54 During the past 30 days, on how many days did you have at least one drink of alcohol on school property?

	<u>Percent</u>
A. 0 days	87.5%
B. 1 or 2 days	4.6%
C. 3 to 5 days	3.7%
D. 6 to 9 days	1.1%
E. 10 to 19 days	1.1%
F. 20 to 29 days	0.0%
G. All 30 days	2.0%

The next 4 questions ask about marijuana use. Marijuana also is called grass or pot.

Q-55 During your life, how many times have you used marijuana?

	<u>Percent</u>
A. 0 times	9.8%
B. 1 or 2 times	3.9%
C. 3 to 9 times	6.0%
D. 10 to 19 times	4.5%
E. 20 to 39 times	4.8%
F. 40 to 99 times	9.2%
G. 100 or more times	61.9%

Q-56 How old were you when you tried marijuana for the first time?

	<u>Percent</u>
A. I have never tried marijuana	11.0%
B. 8 years old or younger	14.7%
C. 9 or 10 years old	17.1%
D. 11 or 12 years old	24.6%
E. 13 or 14 years old	21.7%
F. 15 or 16 years old	8.7%
G. 17 years old or older	2.3%

Q-57 During the past 30 days, how many times did you use marijuana?

	<u>Percent</u>
A. 0 times	37.9%
B. 1 or 2 times	10.6%
C. 3 to 9 times	12.4%
D. 10 to 19 times	7.2%
E. 20 to 39 times	6.9%
F. 40 or more times	25.0%

Q-58 During the past 30 days, how many times did you use marijuana on school property?

	<u>Percent</u>
A. 0 times	80.3%
B. 1 or 2 times	7.5%
C. 3 to 9 times	3.5%
D. 10 to 19 times	4.3%
E. 20 to 39 times	1.4%
F. 40 or more times	2.9%

The next 9 questions ask about other drugs.

Q-59 During your life, how many times have you used any form of cocaine, including powder, crack, or freebase?

	<u>Percent</u>
A. 0 times	53.4%
B. 1 or 2 times	12.0%
C. 3 to 9 times	10.0%
D. 10 to 19 times	6.2%
E. 20 to 39 times	3.8%
F. 40 or more times	14.7%

Q-60 During the past 30 days, how many times did you use any form of cocaine, including powder, crack, or freebase?

	<u>Percent</u>
A. 0 times	82.4%
B. 1 or 2 times	6.9%
C. 3 to 9 times	5.2%
D. 10 to 19 times	2.6%
E. 20 to 39 times	0.9%
F. 40 or more times	2.0%

Q-61 During your life, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?

	<u>Percent</u>
A. 0 times	60.5%
B. 1 or 2 times	11.5%
C. 3 to 9 times	12.4%
D. 10 to 19 times	7.2%
E. 20 to 39 times	2.6%
F. 40 or more times	5.8%

Q-62 During the past 30 days, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?

	<u>Percent</u>
A. 0 times	90.6%
B. 1 or 2 times	2.6%
C. 3 to 9 times	3.1%
D. 10 to 19 times	2.0%
E. 20 to 39 times	0.0%
F. 40 or more times	1.7%

Q-63 During your life, how many times have you used heroin (also called smack, junk, or China White)?

	<u>Percent</u>
A. 0 times	85.9%
B. 1 or 2 times	5.5%
C. 3 to 9 times	2.6%
D. 10 to 19 times	2.9%
E. 20 to 39 times	0.6%
F. 40 or more times	2.6%

Q-64 During your life, how many times have you used methamphetamines (also called speed, crystal, crank, or ice)?

	<u>Percent</u>
A. 0 times	45.0%
B. 1 or 2 times	12.9%
C. 3 to 9 times	11.2%
D. 10 to 19 times	5.2%
E. 20 to 39 times	5.2%
F. 40 or more times	20.6%

Q-65 During your life, how many times have you taken steroid pills or shots without a doctor's prescription?

	<u>Percent</u>
A. 0 times	84.6%
B. 1 or 2 times	4.1%
C. 3 to 9 times	2.9%
D. 10 to 19 times	3.5%
E. 20 to 39 times	1.4%
F. 40 or more times	3.5%

Q-66 During your life, how many times have you used a needle to inject any illegal drug into your body?

	<u>Percent</u>
A. 0 times	84.7%
B. 1 time	4.0%
C. 2 or more times	11.3%

Q-67 During the past 12 months, has anyone offered, sold, or given you an illegal drug on school property?

	<u>Percent</u>
A. Yes	43.5%
B. No	56.5%

The next 8 questions ask about sexual behavior.

Q-68 Have you ever had sexual intercourse?

	<u>Percent</u>
A. Yes	87.9%
B. No	12.1%

Q-69 How old were you when you had sexual intercourse for the first time?

	<u>Percent</u>
A. I have never had sexual intercourse	10.9%
B. 11 years old or younger	15.7%
C. 12 years old	15.1%
D. 13 years old	18.0%
E. 14 years old	16.0%
F. 15 years old	12.6%
G. 16 years old	8.3%
H. 17 years old or older	3.4%

Q-70 During your life, with how many people have you had sexual intercourse?

	<u>Percent</u>
A. I have never had sexual intercourse	11.8%
B. 1 person	11.8%
C. 2 people	7.8%
D. 3 people	9.2%
E. 4 people	8.6%
F. 5 people	10.9%
G. 6 or more people	39.9%

Q-71 During the past 3 months, with how many people did you have sexual intercourse?

	<u>Percent</u>
A. I have never had sexual intercourse	14.8%
B. I have had sexual intercourse, but not during the past 3 months	28.4%
C. 1 person	35.1%
D. 2 people	11.6%
E. 3 people	4.9%
F. 4 people	2.3%
G. 5 people	0.6%
H. 6 or more people	2.3%

Q-72 Did you drink alcohol or use drugs before you had sexual intercourse the last time?

	<u>Percent</u>
A. I have never had sexual intercourse	11.6%
B. Yes	42.4%
C. No	45.9%

Q-73 The last time you had sexual intercourse, did you or your partner use a condom?

	<u>Percent</u>
A. I have never had sexual intercourse	12.5%
B. Yes	33.8%
C. No	53.7%

Q-74 The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy? (Select only one response.)

	<u>Percent</u>
A. I have never had sexual intercourse	12.5%
B. No method was used to prevent pregnancy	25.1%
C. Birth control pills	12.5%
D. Condoms	30.3%
E. Depo-Provera (injectable birth control)	7.6%
F. Withdrawal	7.0%
G. Some other method	2.3%
H. Not sure	2.6%

Q-75 How many times have you been pregnant or gotten someone pregnant?

	<u>Percent</u>
A. 0 times	68.5%
B. 1 time	21.3%
C. 2 or more times	6.4%
D. Not sure	3.8%

The next 7 questions ask about body weight.

Q-76 How do you describe your weight?

	<u>Percent</u>
A. Very underweight	3.2%
B. Slightly underweight	13.5%
C. About the right weight	49.6%
D. Slightly overweight	27.6%
E. Very overweight	6.2%

Q-77 Which of the following are you trying to do about your weight?

	<u>Percent</u>
A. Lose weight	39.9%
B. Gain weight	17.2%
C. Stay the same weight	17.5%
D. I am not trying to do anything about my weight	25.3%

Q-78 During the past 30 days, did you exercise to lose weight or to keep from gaining weight?

	<u>Percent</u>
A. Yes	50.6%
B. No	49.4%

Q-79 During the past 30 days, did you eat less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight?

	<u>Percent</u>
A. Yes	37.6%
B. No	62.4%

Q-80 During the past 30 days, did you go without eating for 24 hours or more (also called fasting) to lose weight or to keep from gaining weight?

	<u>Percent</u>
A. Yes	18.5%
B. No	81.5%

Q-81 During the past 30 days, did you take any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight? (Do not include meal replacement products such as Slim Fast.)

	<u>Percent</u>
A. Yes	10.8%
B. No	89.2%

Q-82 During the past 30 days, did you vomit or take laxatives to lose weight or to keep from gaining weight?

	<u>Percent</u>
A. Yes	9.1%
B. No	90.9%

The next 7 questions ask about food you ate or drank during the past 7 days. Think about all the meals and snacks you had from the time you got up until you went to bed.

Q-83 During the past 7 days, how many times did you drink 100% fruit juices such as orange juice, apple juice, or grape juice? (Do not count punch, Kool-Aid, sports drinks, or other fruit-flavored drinks.)

	<u>Percent</u>
A. I did not drink 100% fruit juice during the past 7 days	24.2%
B. 1 to 3 times during the past 7 days	28.5%
C. 4 to 6 times during the past 7 days	18.2%
D. 1 time per day	13.8%
E. 2 times per day	6.1%
F. 3 times per day	3.2%
G. 4 or more times per day	6.1%

Q-84 During the past 7 days, how many times did you eat fruit? (Do not count fruit juice.)

	<u>Percent</u>
A. I did not eat fruit during the past 7 days	16.3%
B. 1 to 3 times during the past 7 days	43.7%
C. 4 to 6 times during the past 7 days	16.6%
D. 1 time per day	9.9%
E. 2 times per day	7.6%
F. 3 times per day	2.3%
G. 4 or more times per day	3.5%

Q-85 During the past 7 days, how many times did you eat green salad?

	<u>Percent</u>
A. I did not eat green salad during the past 7 days	33.7%
B. 1 to 3 times during the past 7 days	41.1%
C. 4 to 6 times during the past 7 days	14.4%
D. 1 time per day	5.0%
E. 2 times per day	2.3%
F. 3 times per day	2.1%
G. 4 or more times per day	1.5%

Q-86 During the past 7 days, how many times did you eat potatoes? (Do not count french fries, fried potatoes, or potato chips.)

	<u>Percent</u>
A. I did not eat potatoes during the past 7 days	27.2%
B. 1 to 3 times during the past 7 days	47.7%
C. 4 to 6 times during the past 7 days	16.1%
D. 1 time per day	6.7%
E. 2 times per day	1.5%
F. 3 times per day	0.9%
G. 4 or more times per day	0.0%

Q-87 During the past 7 days, how many times did you eat carrots?

	<u>Percent</u>
A. I did not eat carrots during the past 7 days	44.5%
B. 1 to 3 times during the past 7 days	42.5%
C. 4 to 6 times during the past 7 days	8.4%
D. 1 time per day	1.4%
E. 2 times per day	2.6%
F. 3 times per day	0.3%
G. 4 or more times per day	0.3%

Q-88 During the past 7 days, how many times did you eat other vegetables? (Do not count green salad, potatoes, or carrots.)

	<u>Percent</u>
A. I did not eat other vegetables during the past 7 days	22.4%
B. 1 to 3 times during the past 7 days	38.2%
C. 4 to 6 times during the past 7 days	24.1%
D. 1 time per day	8.2%
E. 2 times per day	4.7%
F. 3 times per day	1.8%
G. 4 or more times per day	0.6%

Q-89 During the past 7 days, how many glasses of milk did you drink? (Include the milk you drank in a glass or cup, from a carton, or with cereal. Count the half pint of milk served at school as equal to one glass.)

	<u>Percent</u>
A. I did not drink milk during the past 7 days	15.2%
B. 1 to 3 glasses during the past 7 days	19.3%
C. 4 to 6 glasses during the past 7 days	17.8%
D. 1 glass per day	7.9%
E. 2 glasses per day	9.9%
F. 3 glasses per day	8.2%
G. 4 or more glasses per day	21.6%

The next 7 questions ask about physical activity.

Q-90 On how many of the past 7 days did you exercise or participate in physical activity for at least 20 minutes that made you sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities?

	<u>Percent</u>
A. 0 days	18.5%
B. 1 day	9.0%
C. 2 days	14.0%
D. 3 days	11.6%
E. 4 days	7.5%
F. 5 days	10.1%
G. 6 days	5.7%
H. 7 days	23.6%

Q-91 On how many of the past 7 days did you participate in physical activity for at least 30 minutes that did not make you sweat or breathe hard, such as fast walking, slow bicycling, skating, pushing a lawn mower, or mopping floors?

	<u>Percent</u>
A. 0 days	28.7%
B. 1 day	13.8%
C. 2 days	10.7%
D. 3 days	10.4%
E. 4 days	8.9%
F. 5 days	6.1%
G. 6 days	3.4%
H. 7 days	18.0%

Q-92 On how many of the past 7 days did you do exercises to strengthen or tone your muscles, such as push-ups, sit-ups, or weight lifting?

	<u>Percent</u>
A. 0 days	31.6%
B. 1 day	10.6%
C. 2 days	12.4%
D. 3 days	9.1%
E. 4 days	7.4%
F. 5 days	4.7%
G. 6 days	4.1%
H. 7 days	20.1%

Q-93 On an average school day, how many hours do you watch TV?

	<u>Percent</u>
A. I do not watch TV on an average school day	19.6%
B. Less than 1 hour per day	17.1%
C. 1 hour per day	17.4%
D. 2 hours per day	16.8%
E. 3 hours per day	13.8%
F. 4 hours per day	6.4%
G. 5 or more hours per day	8.9%

Q-94 In an average week when you are in school, on how many days do you go to physical education (PE) classes?

	<u>Percent</u>
A. 0 days	53.1%
B. 1 day	7.4%
C. 2 days	6.1%
D. 3 days	3.1%
E. 4 days	2.8%
F. 5 days	27.6%

Q-95 During an average physical education (PE) class, how many minutes do you spend actually exercising or playing sports?

	<u>Percent</u>
A. I do not take PE	51.9%
B. Less than 10 minutes	4.2%
C. 10 to 20 minutes	5.1%
D. 21 to 30 minutes	7.2%
E. 31 to 40 minutes	9.6%
F. 41 to 50 minutes	10.4%
G. 51 to 60 minutes	5.1%
H. More than 60 minutes	6.6%

Q-96 During the past 12 months, on how many sports teams did you play? (Include any teams run by your school or community groups.)

	<u>Percent</u>
A. 0 teams	70.2%
B. 1 team	15.7%
C. 2 teams	8.3%
D. 3 or more teams	5.8%

The next question asks about AIDS education.

Q-97 Have you ever been taught about AIDS or HIV infection in school?

	<u>Percent</u>
A. Yes	88.2%
B. No	8.2%
C. Not sure	3.6%

Q-98 At school during the past 12 months, did you receive help from a resource teacher, speech therapist or other special education teacher?

	<u>Percent</u>
A. Yes	25.5%
B. No	74.5%

The following question could have multiple answers regarding tobacco use.

Q-99 During the past 12 months, which of the following did you do to help you stop smoking cigarettes? (Mark ALL that apply.)

	<u>Percent</u>
A. I did not smoke cigarettes during the past 12 months	74.5%
B. I did not try to stop smoking cigarettes in the past 12 months	43.5%
C. I attended a program in my school	6.1%
D. I attended a program in the community	3.0%
E. I called a help line or quit line	1.4%
F. I used nicotine gum or nicotine patch	9.7%
G. I used medicine, other than nicotine gum or patch, to help me stop	4.7%

APPENDIX B

REFERENCED FIGURES

Figure 1
Intentional and unintentional injury risk behaviors of
alternative school students

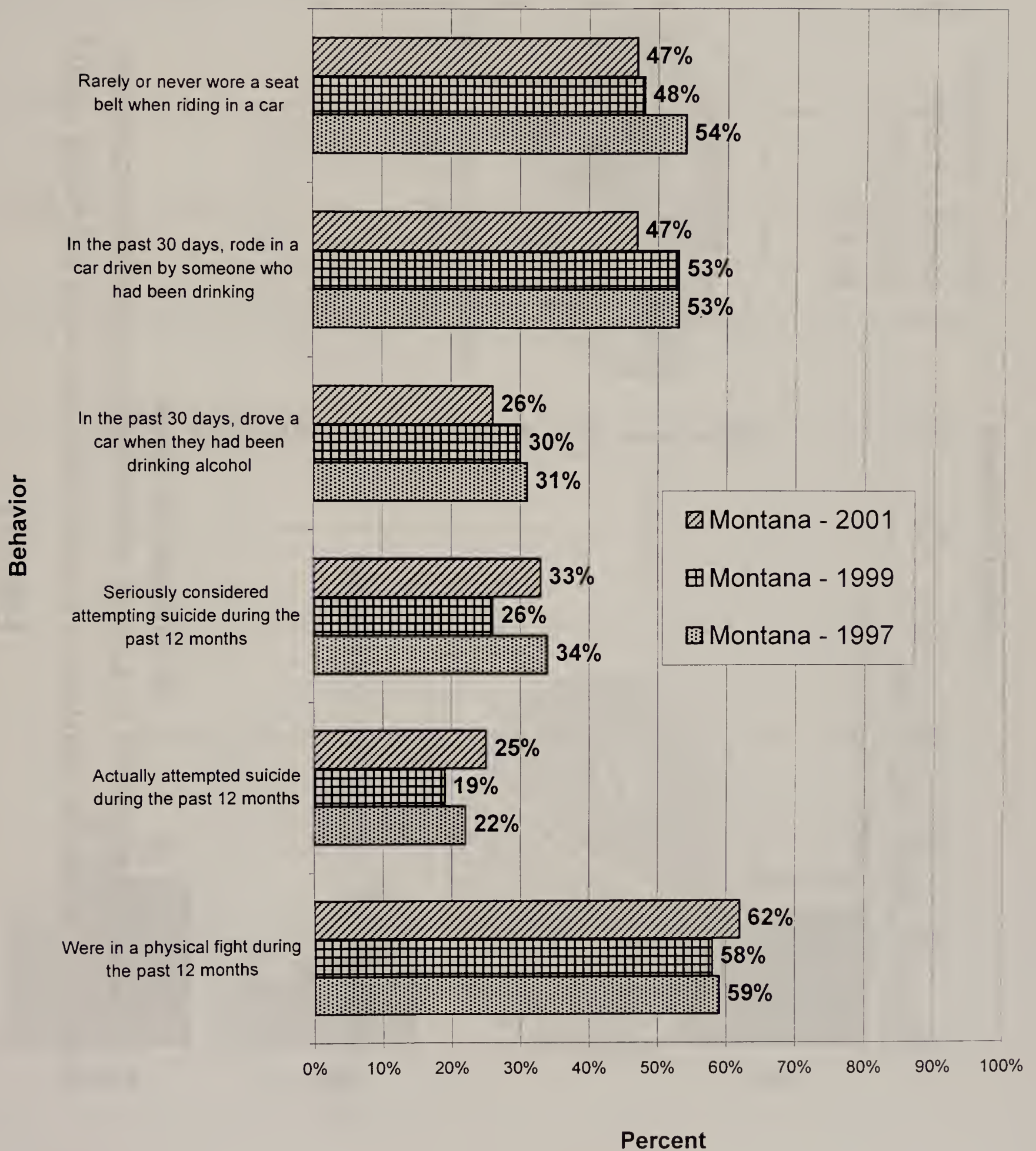


Figure 2
Percent of all alternative school students who "Always" wear
a seat belt when riding in a car driven by someone else

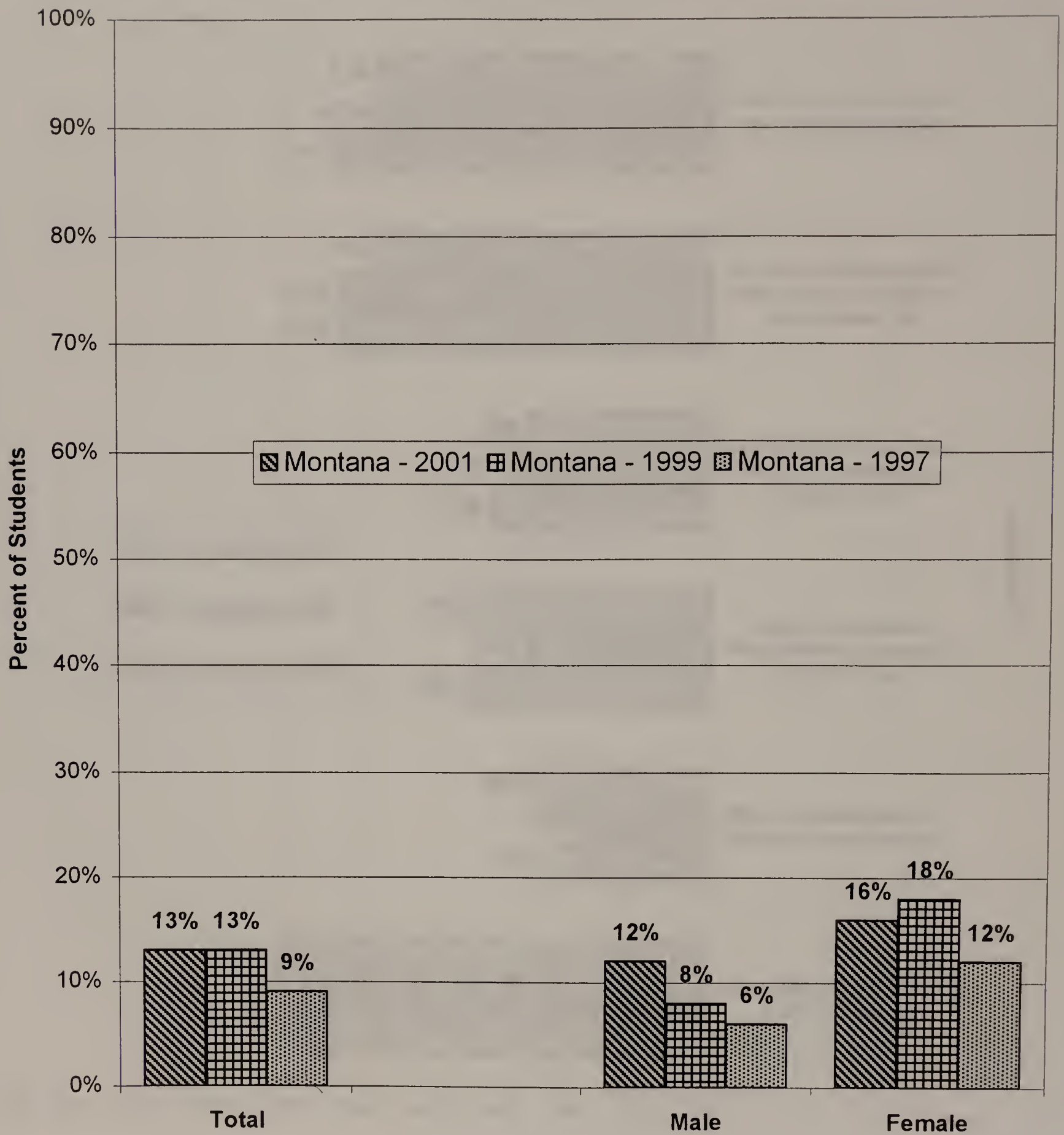


Figure 3

Percent of those alternative school students who reported riding
in a vehicle that was driven by someone who had been drinking,
by number of times

Percent of all 7th and 8th grade students

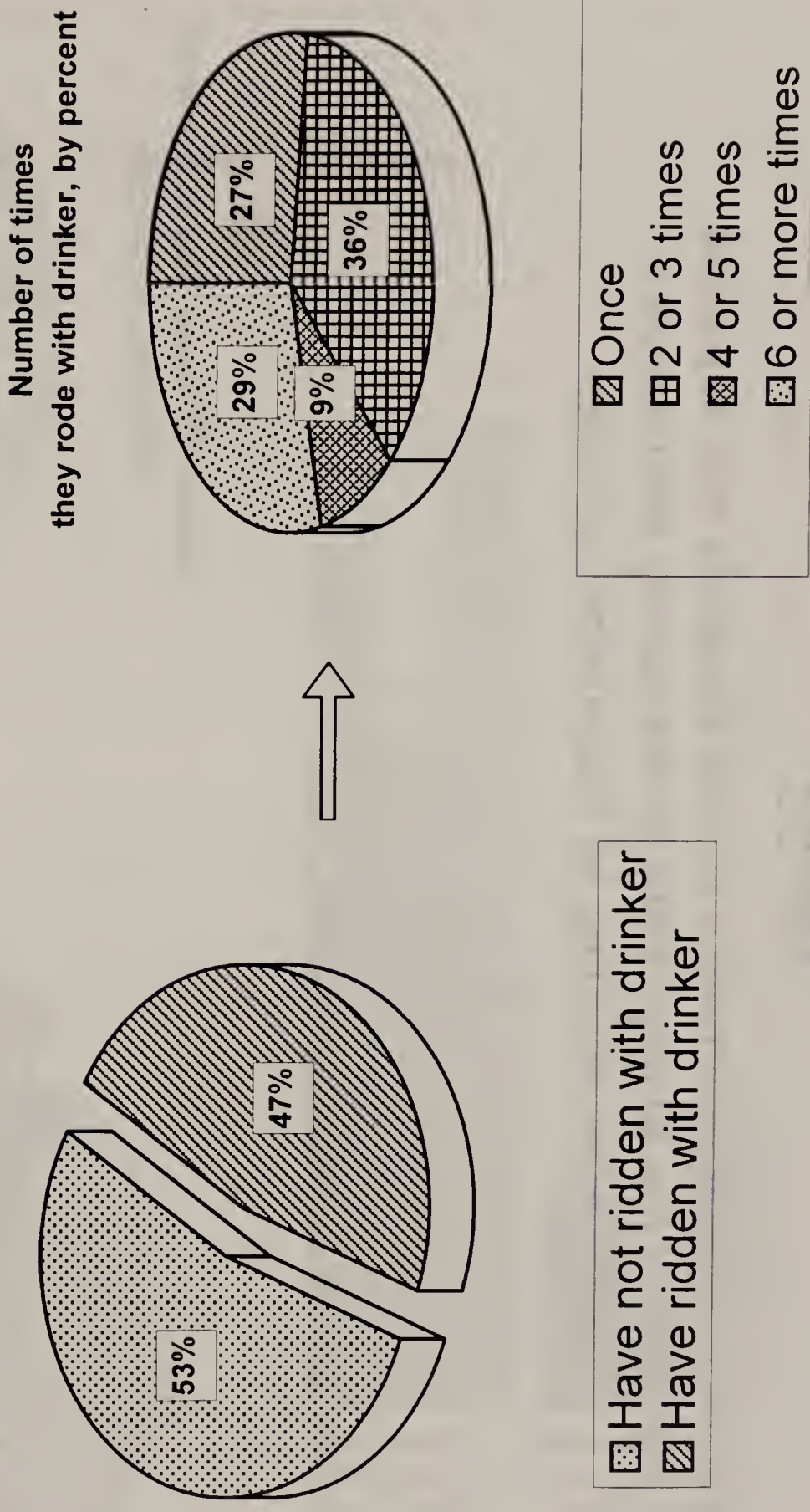


Figure 4

Percent of those alternative school students who reported that during the 30 days prior to the survey they drove a vehicle after drinking, by the number of times

Percent of all 7th and 8th grade students

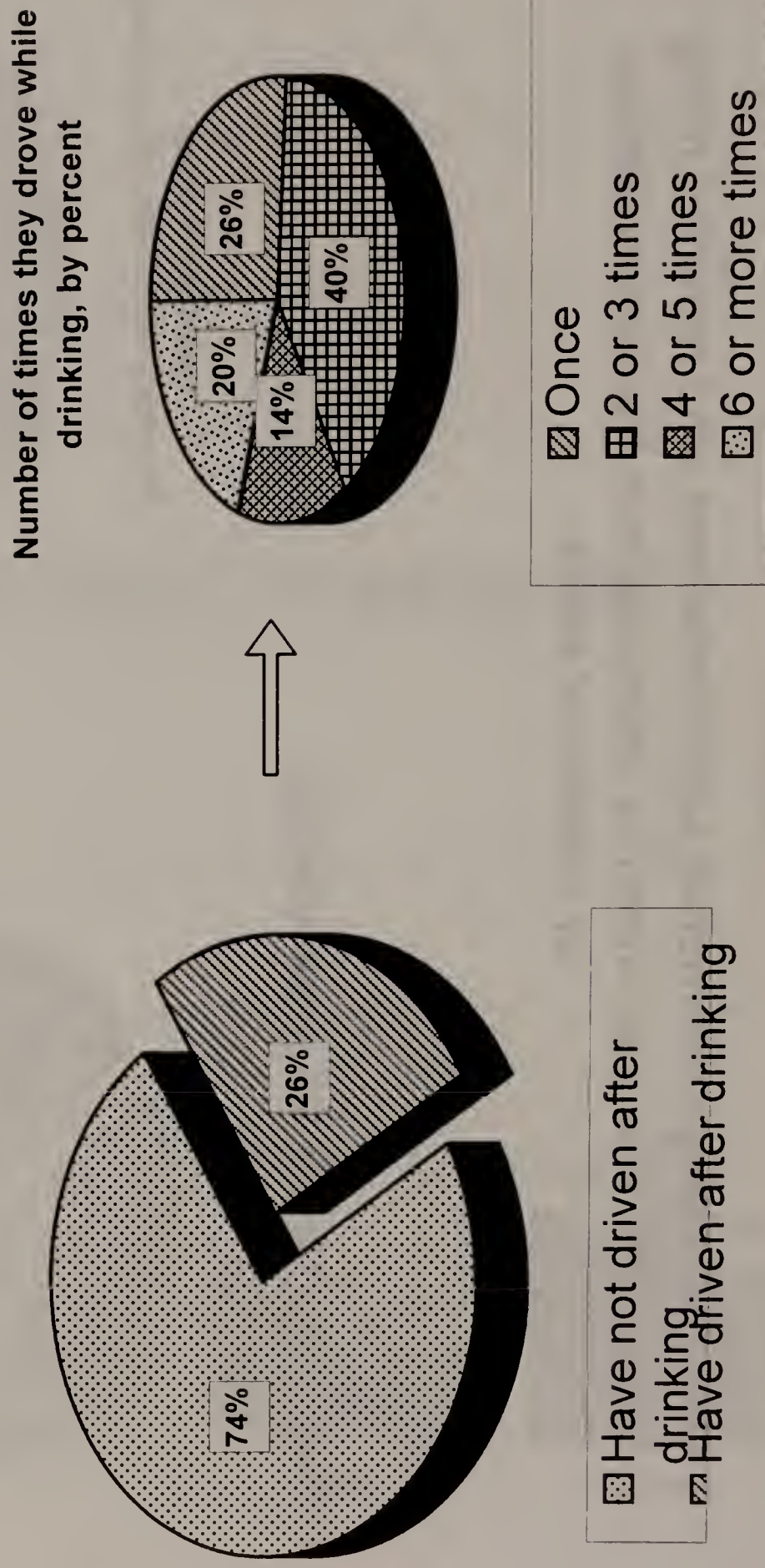


Figure 5
Percent of all alternative school students involved and/or
injured in a physical fight in the past 12 months

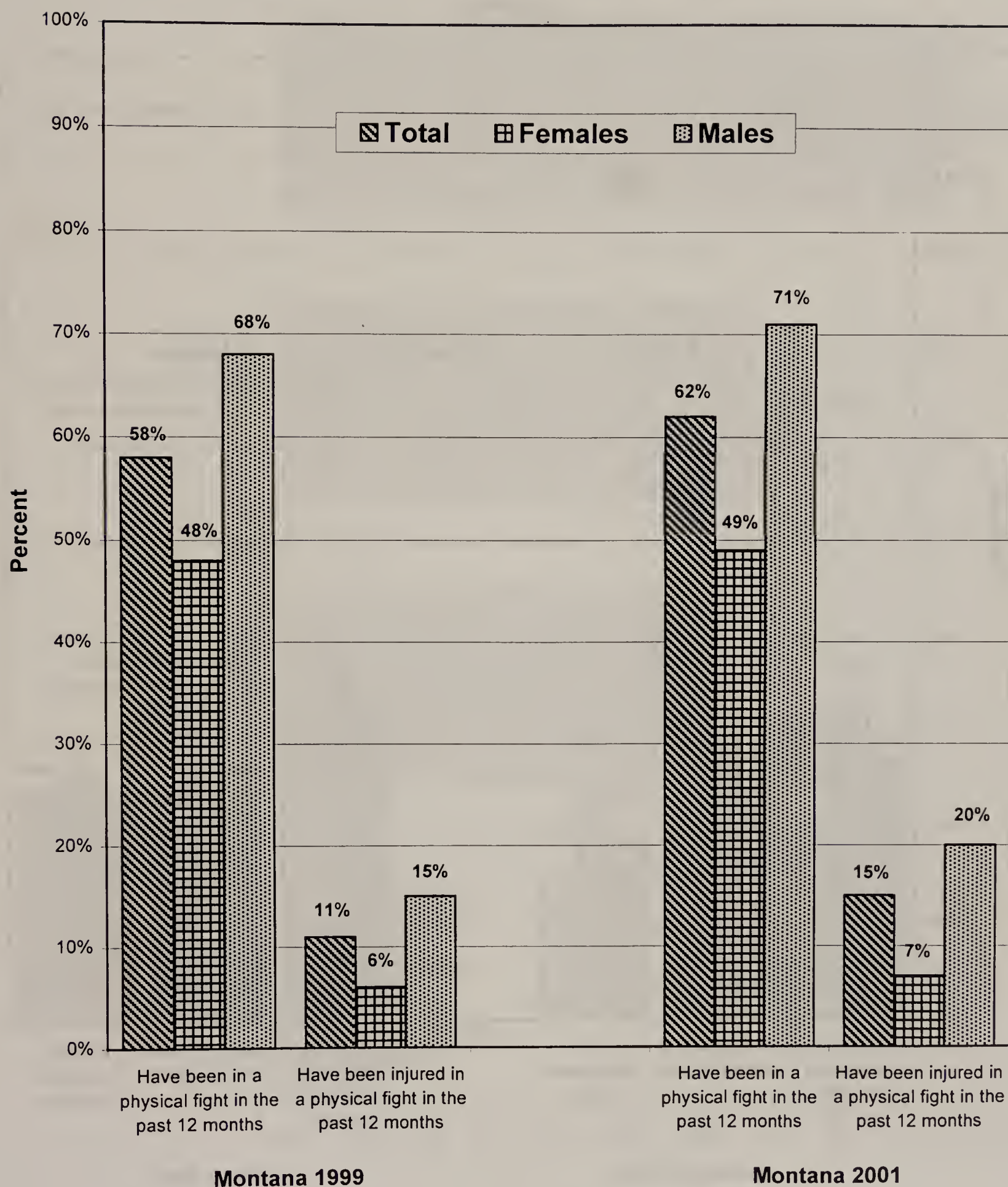


Figure 6
Percent of all alternative school students who contemplated, planned, or attempted suicide in the past 12 months, by gender

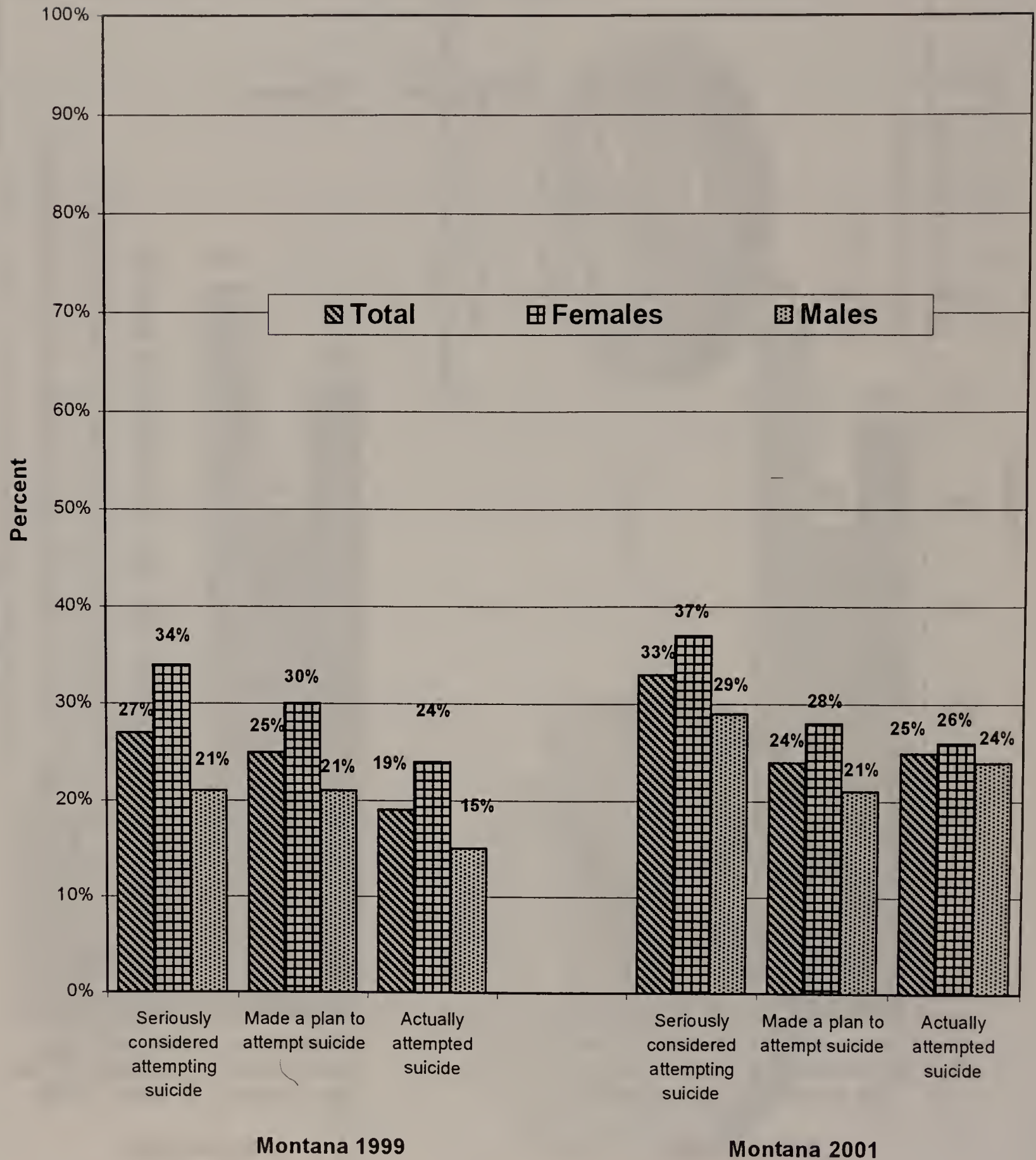


Figure 7
Tobacco use risk behaviors of alternative school students

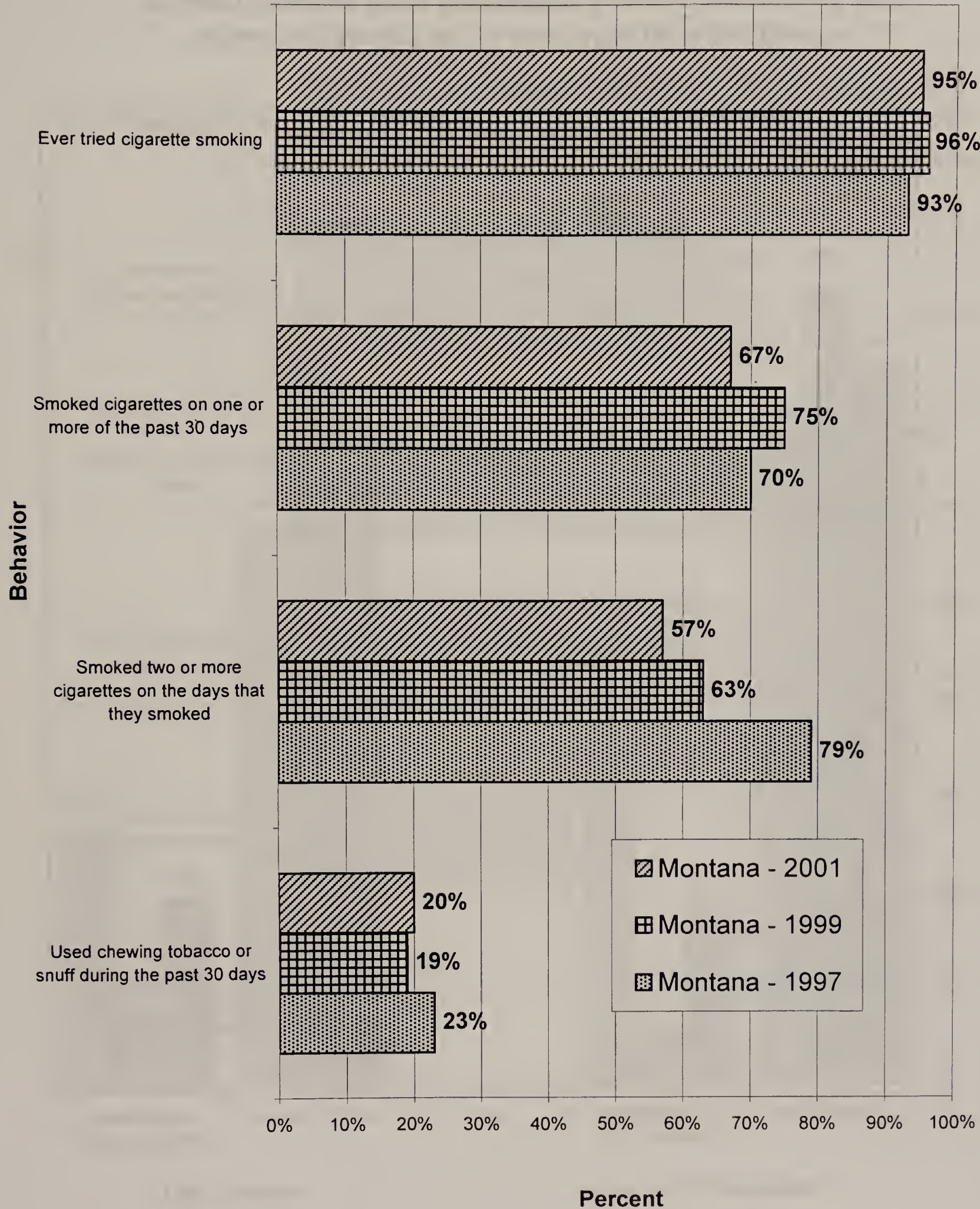


Figure 8

Percent of alternative school students who reported that they are current smokers or that they used chewing tobacco or snuff in the 30 days prior to the survey, by gender

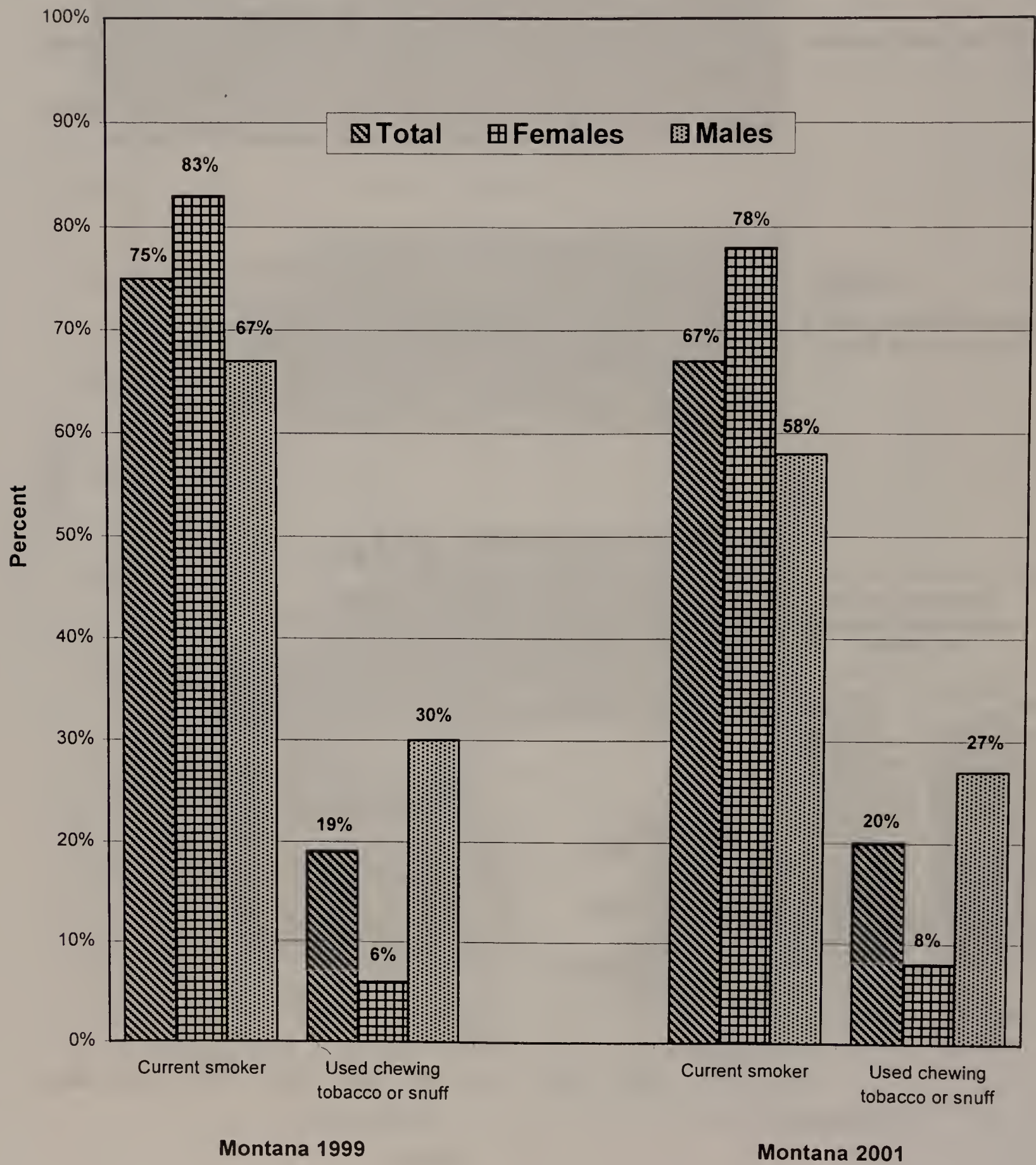


Figure 9
Alcohol and drug abuse risk behaviors of alternative school students

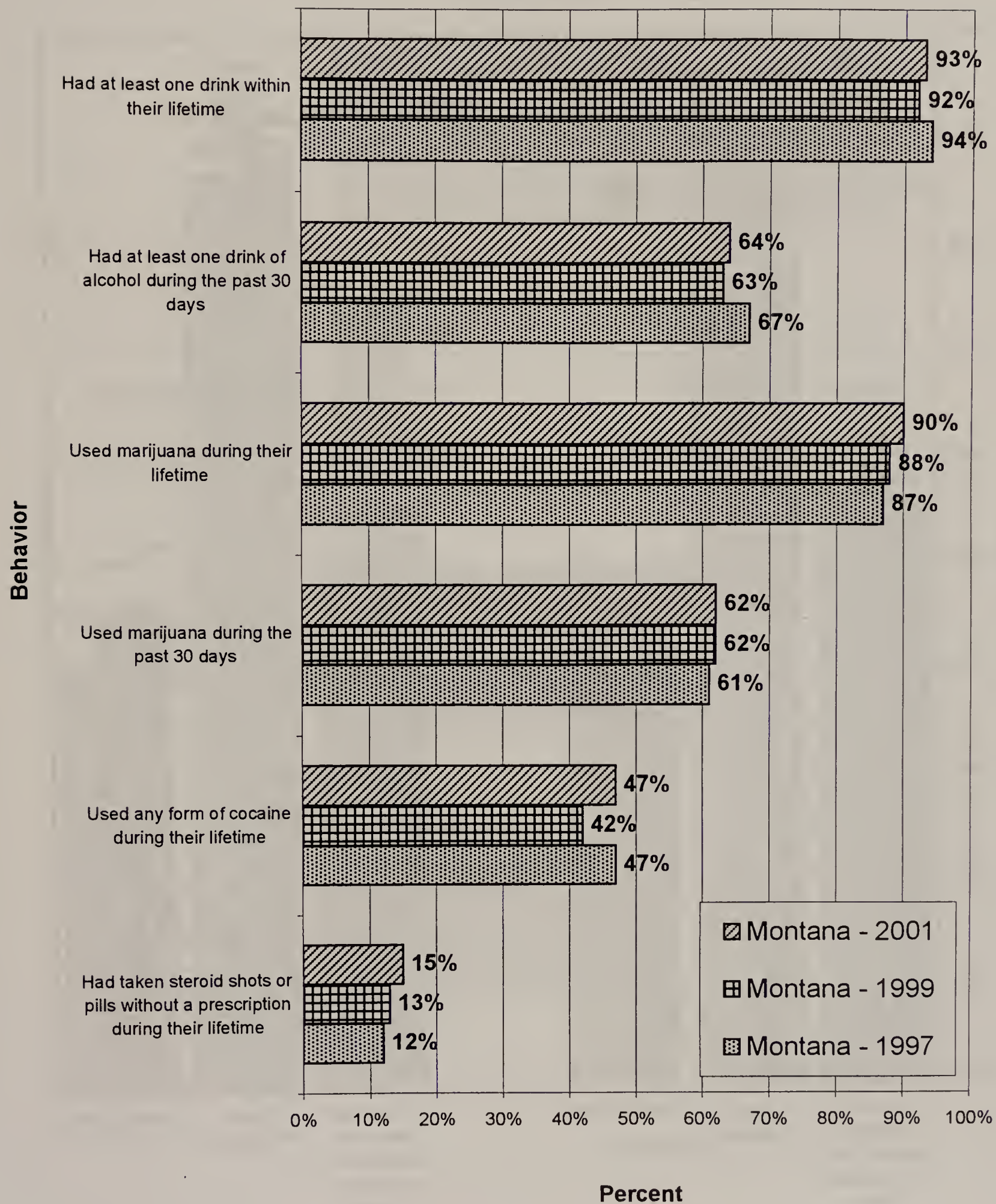


Figure 10
Alternative school students with a potential for alcohol and drug abuse

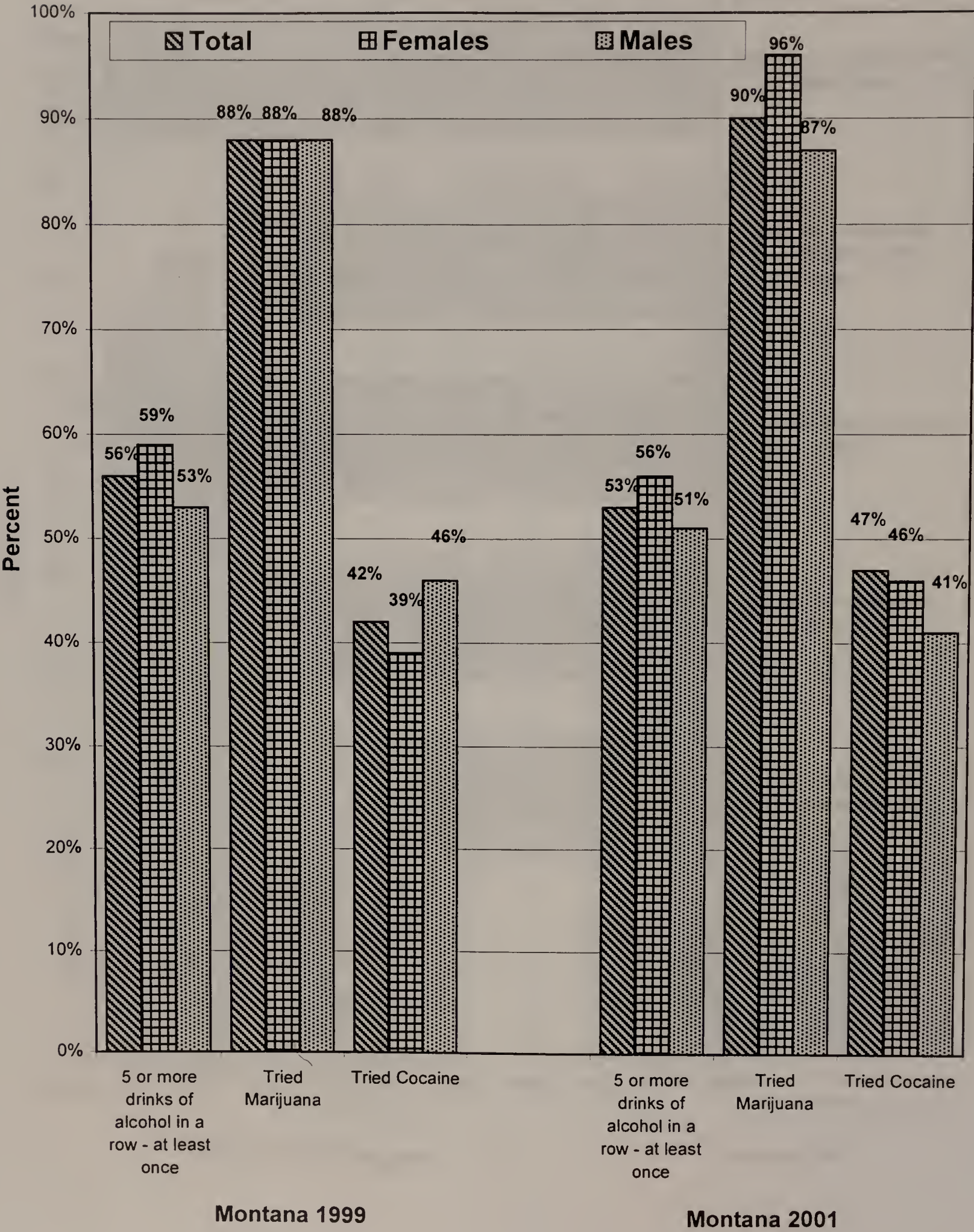


Figure 11
Sexual behaviors of alternative school students

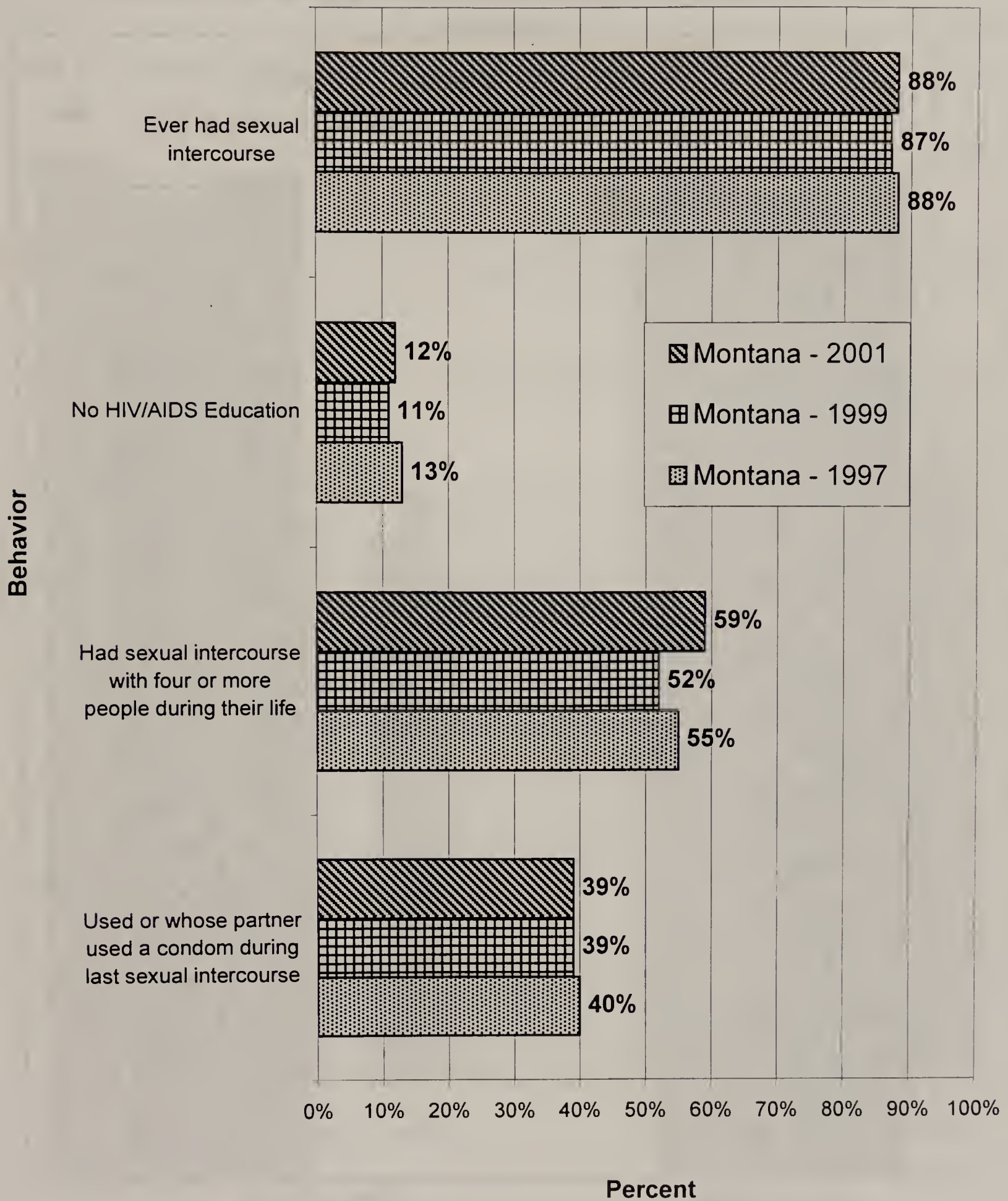


Figure 12
Percent of alternative school students who reported ever
having had sexual intercourse, by gender

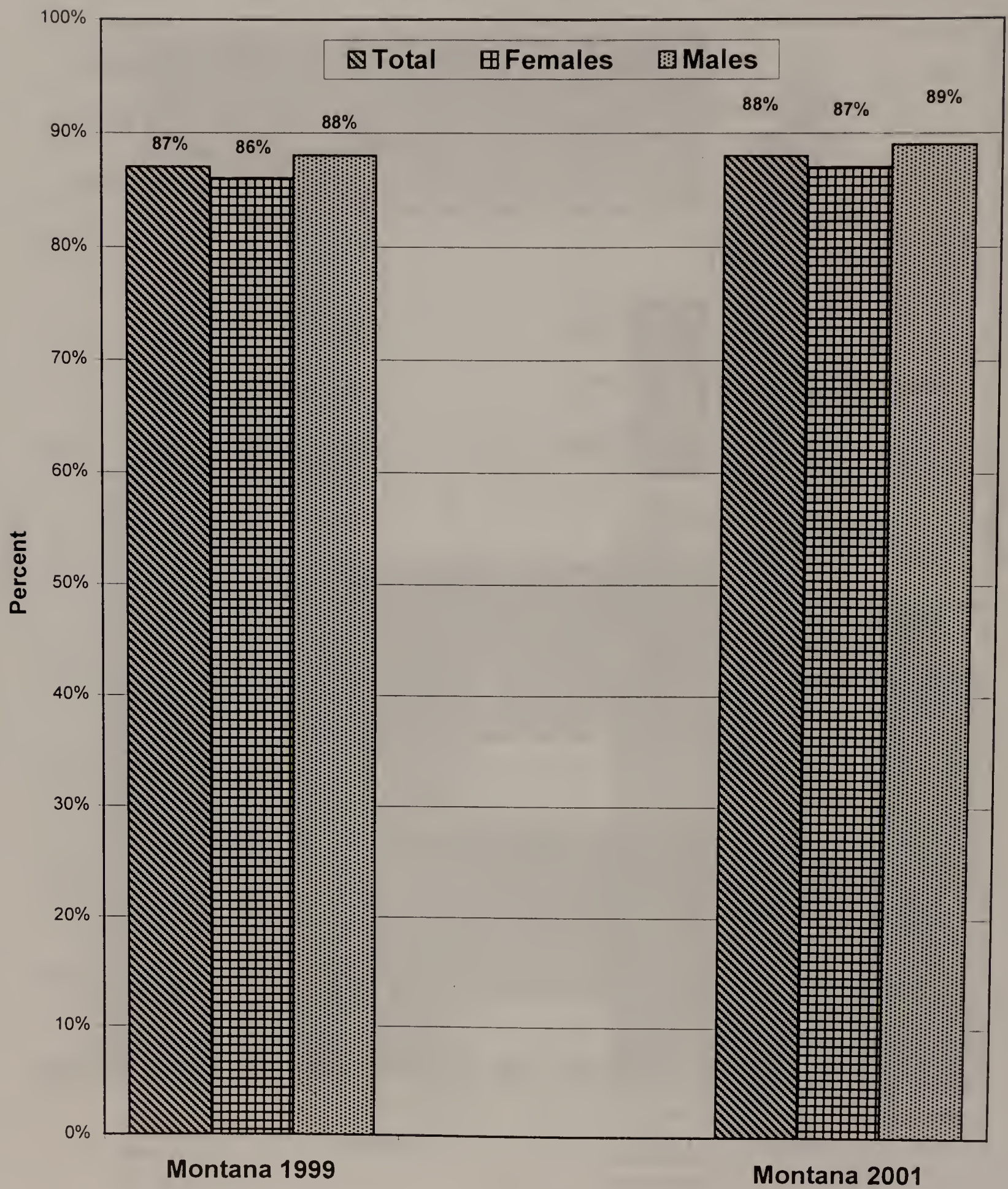


Figure 13
Percent of alternative school students who ever had sexual intercourse and reported having engaged in high-risk sexual behaviors

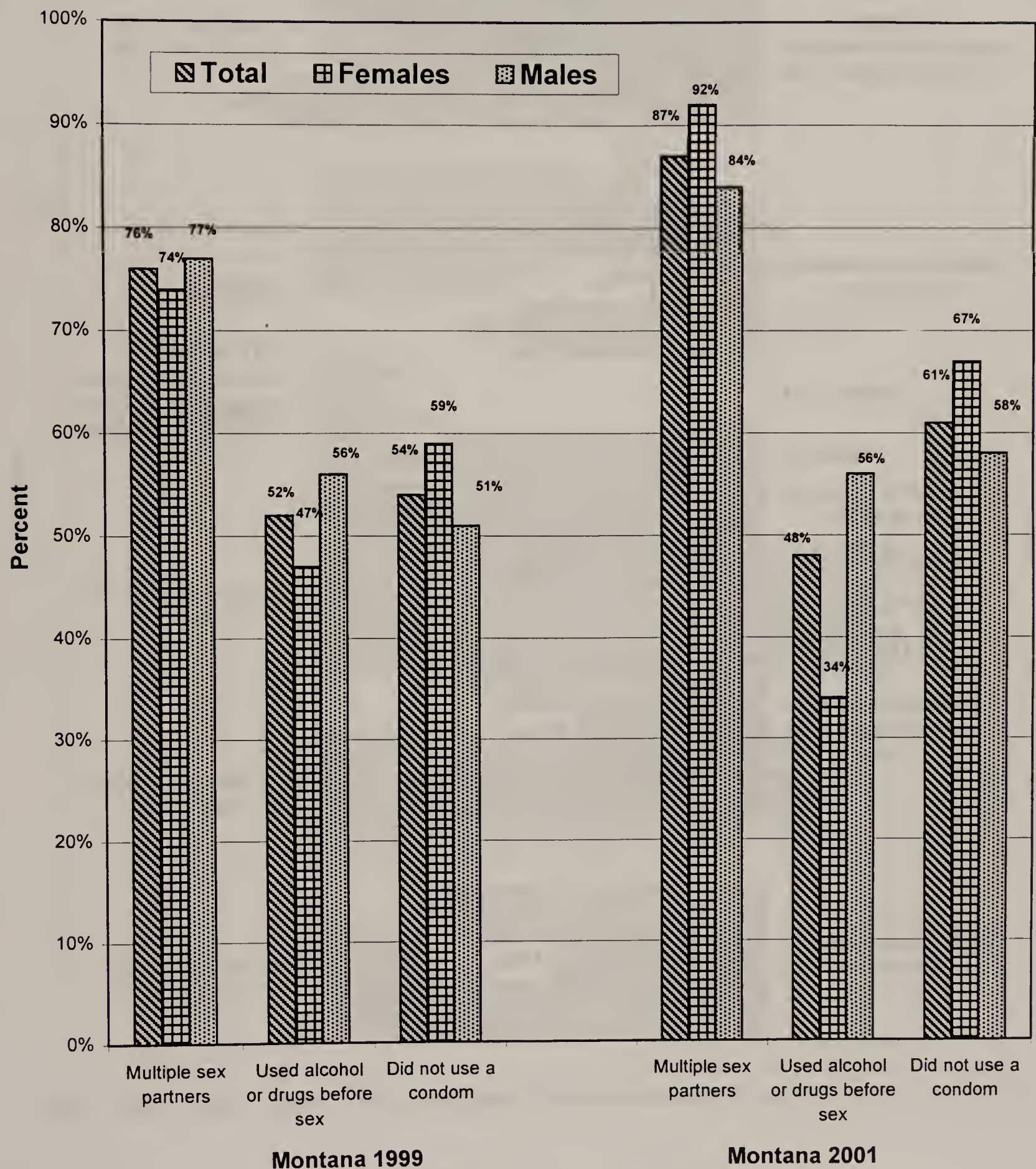


Figure 14
Physical activities of alternative school students

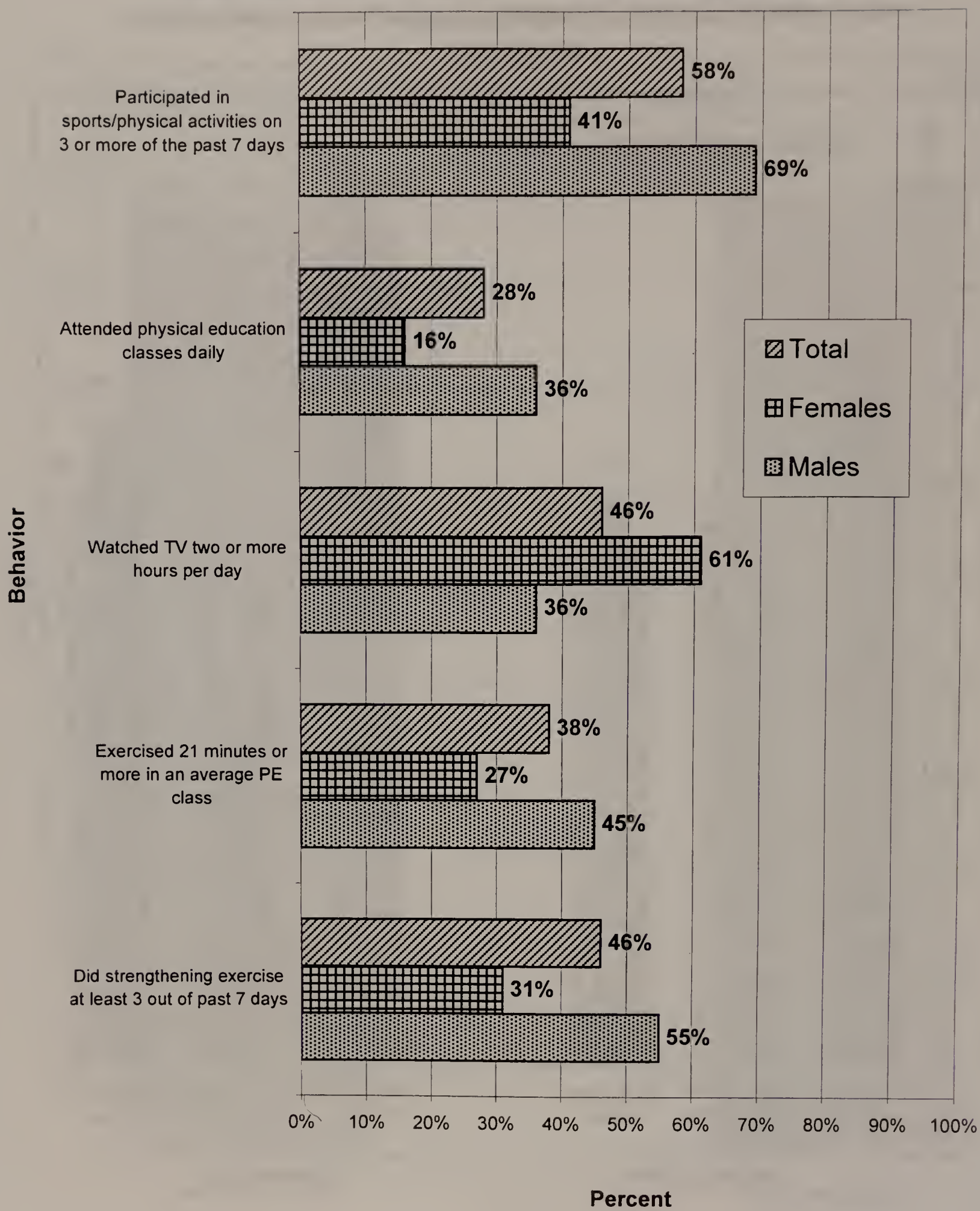
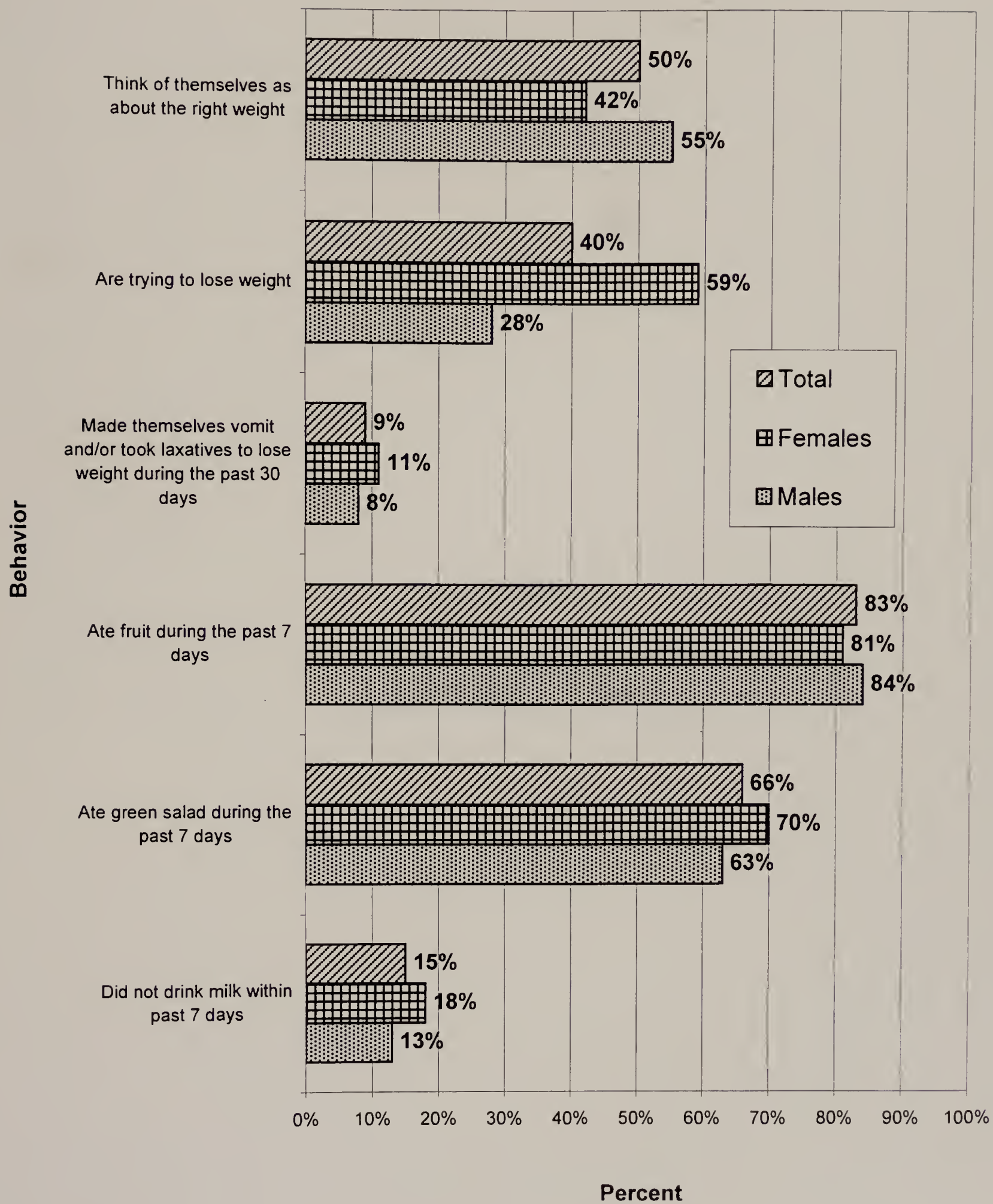


Figure 15
Dietary behaviors of alternative school students



APPENDIX C

ADDITIONAL CHARTS

List of Charts in Appendix C

<u>Topic</u>	<u>YRBS Question</u>	<u>Chart</u>
Demographic - age	Q-1	1
Demographic - grade	Q-3	2
Seat belt usage	Q-10	3
Seat belt usage	Q-11	4
Physical fighting	Q-22	5
Suicide related	Q-25	6
Tobacco use	Q-33	7
Tobacco use	Q-35	8
Tobacco use	Q-38	9
Alcohol use	Q-50	10
Marijuana use	Q-55	11
Drug use	Q-61	12
Drug use	Q-66	13
Sexual behavior	Q-71	14
Sexual behavior	Q-74	15
Weight	Q-76	16
Physical activity	Q-91	17
Physical activity	Q-95	18
Physical activity	Q-96	19
HIV/AIDS Education	Q-97	20

Chart 1
Q-1 How old are you?

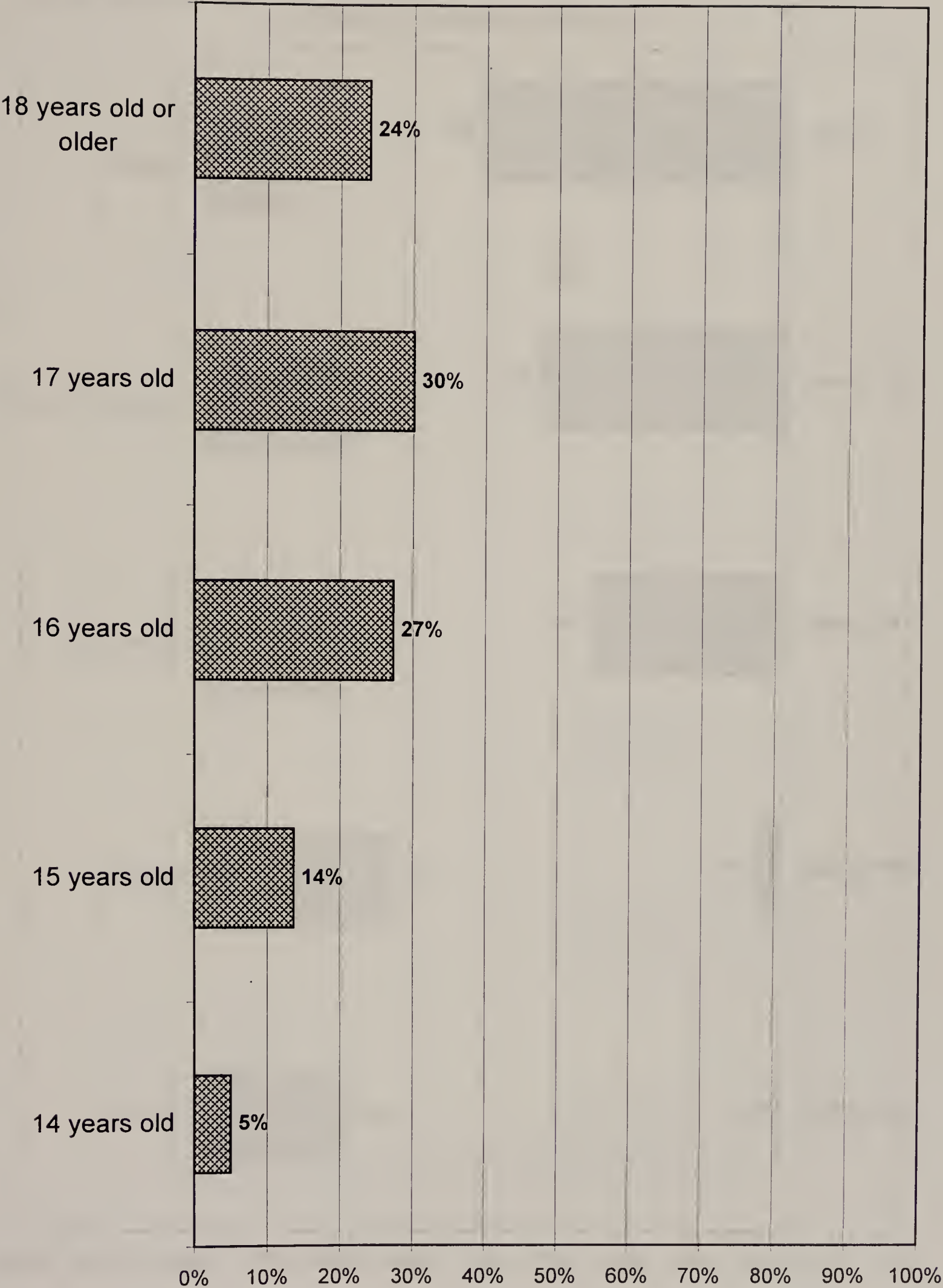


Chart 2
Q-3 In what grade are you?

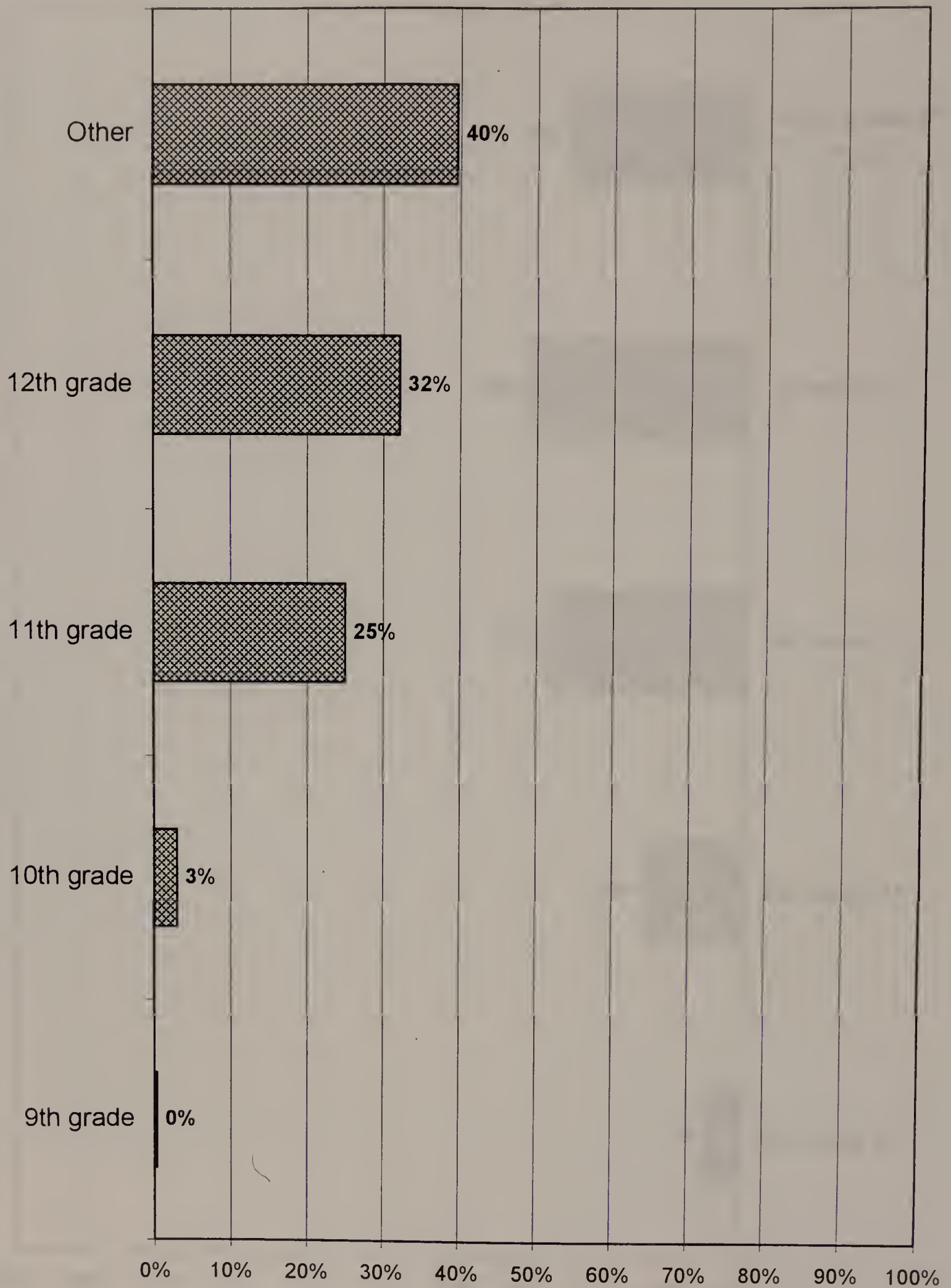


Chart 3

**Q-10 How often do you wear a seat belt when riding in a car
driven by someone else?**

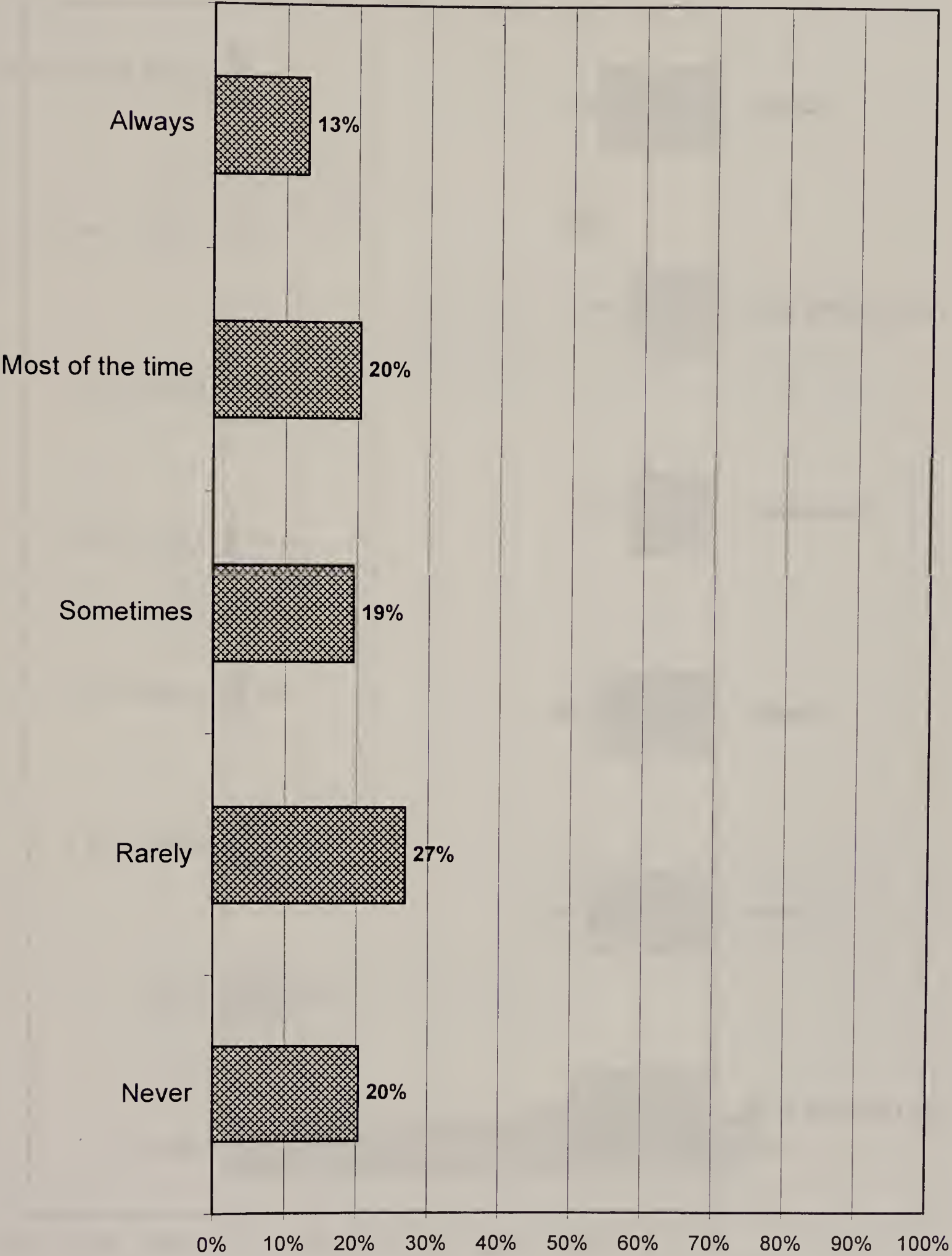


Chart 4

Q-11 How often do you wear a seat belt when driving a car?

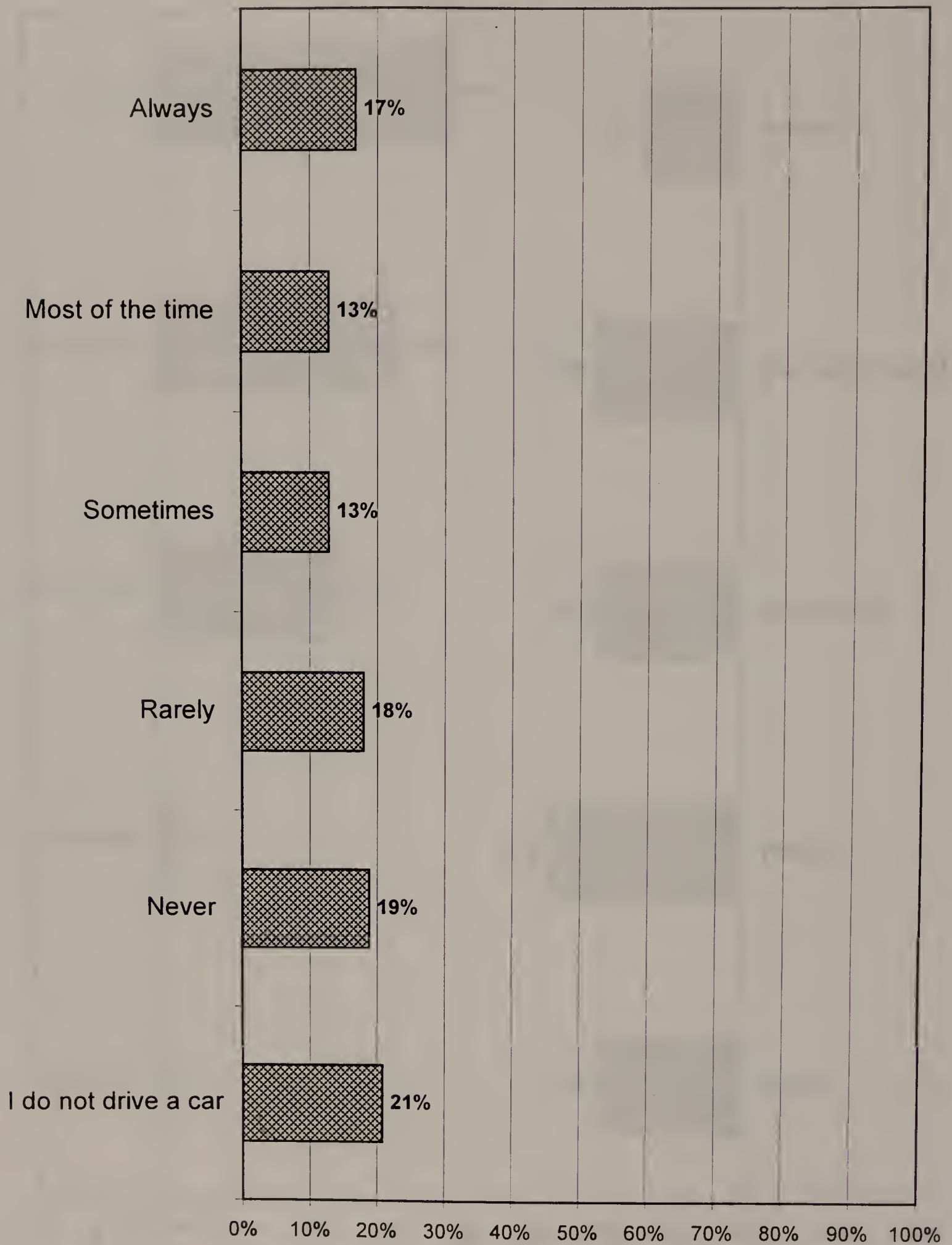


Chart 5

Q-22 During the past 12 months, how many times were you in a physical fight on school property?

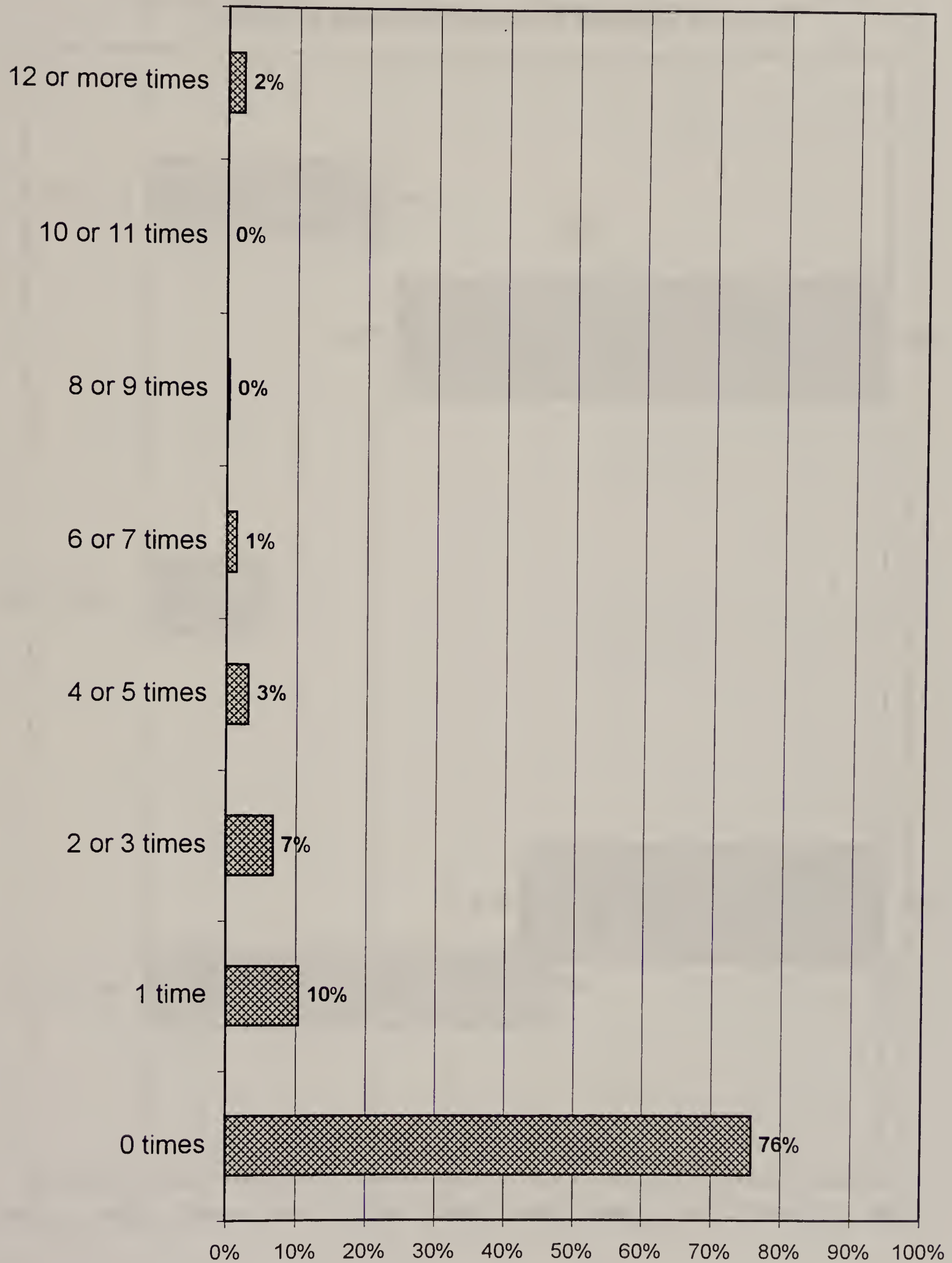


Chart 6

**Q-25 During the past 12 months, did you ever feel so sad or
hopeless almost every day for two weeks or more in a row
that you stopped doing some usual activities?**

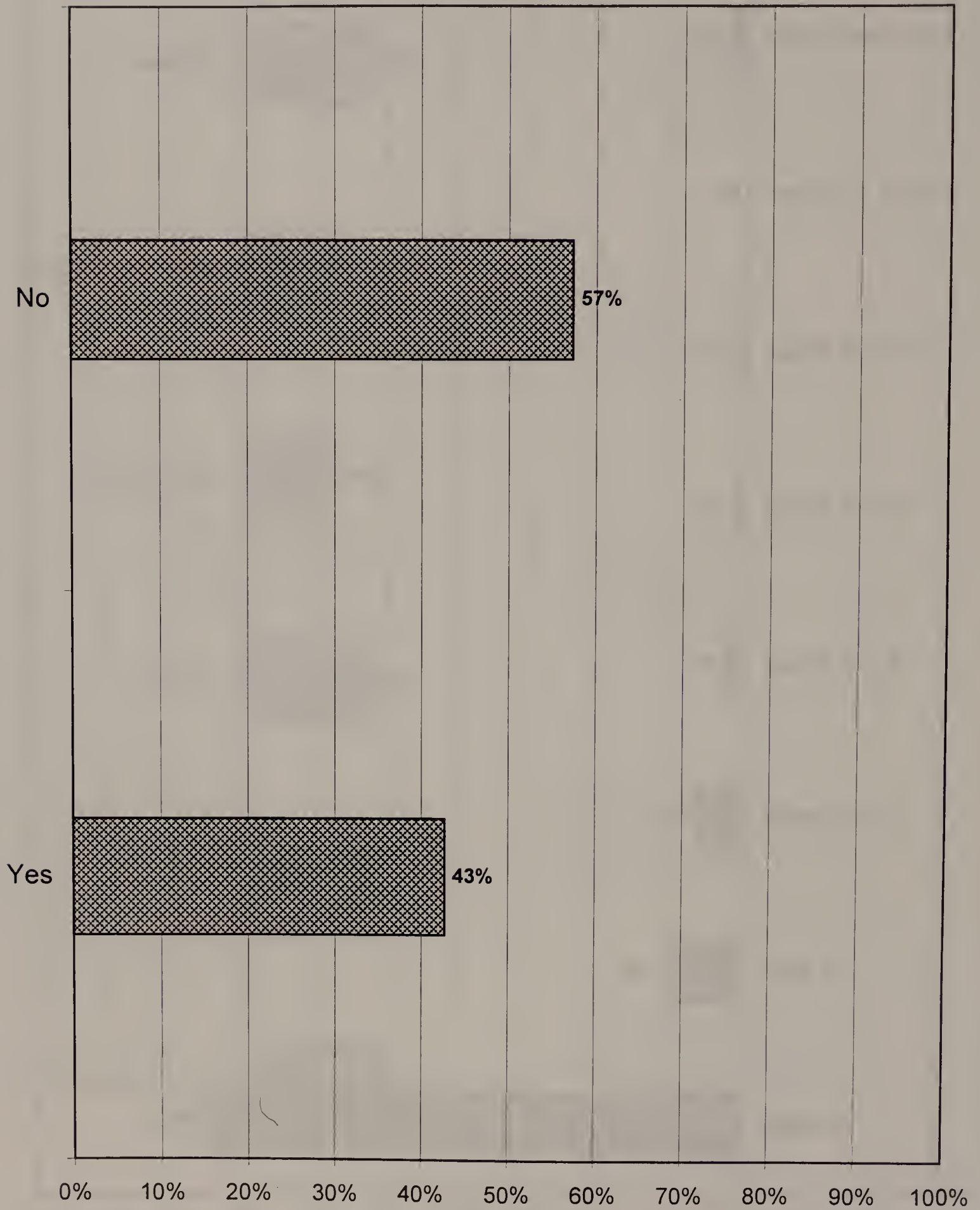


Chart 7

Q-33 Do you now smoke cigarettes every day, some days, or not at all?

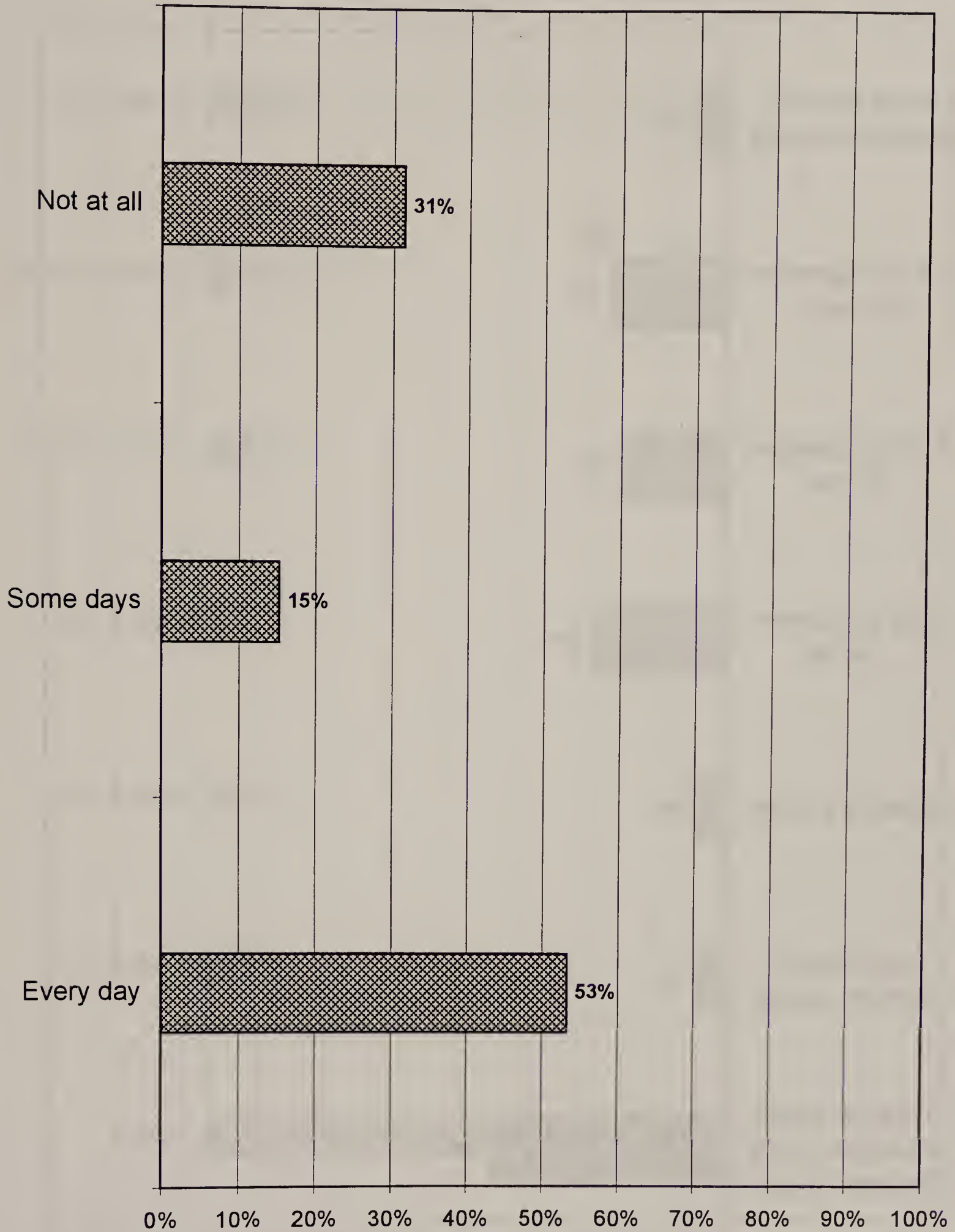


Chart 8

Q-35 During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?

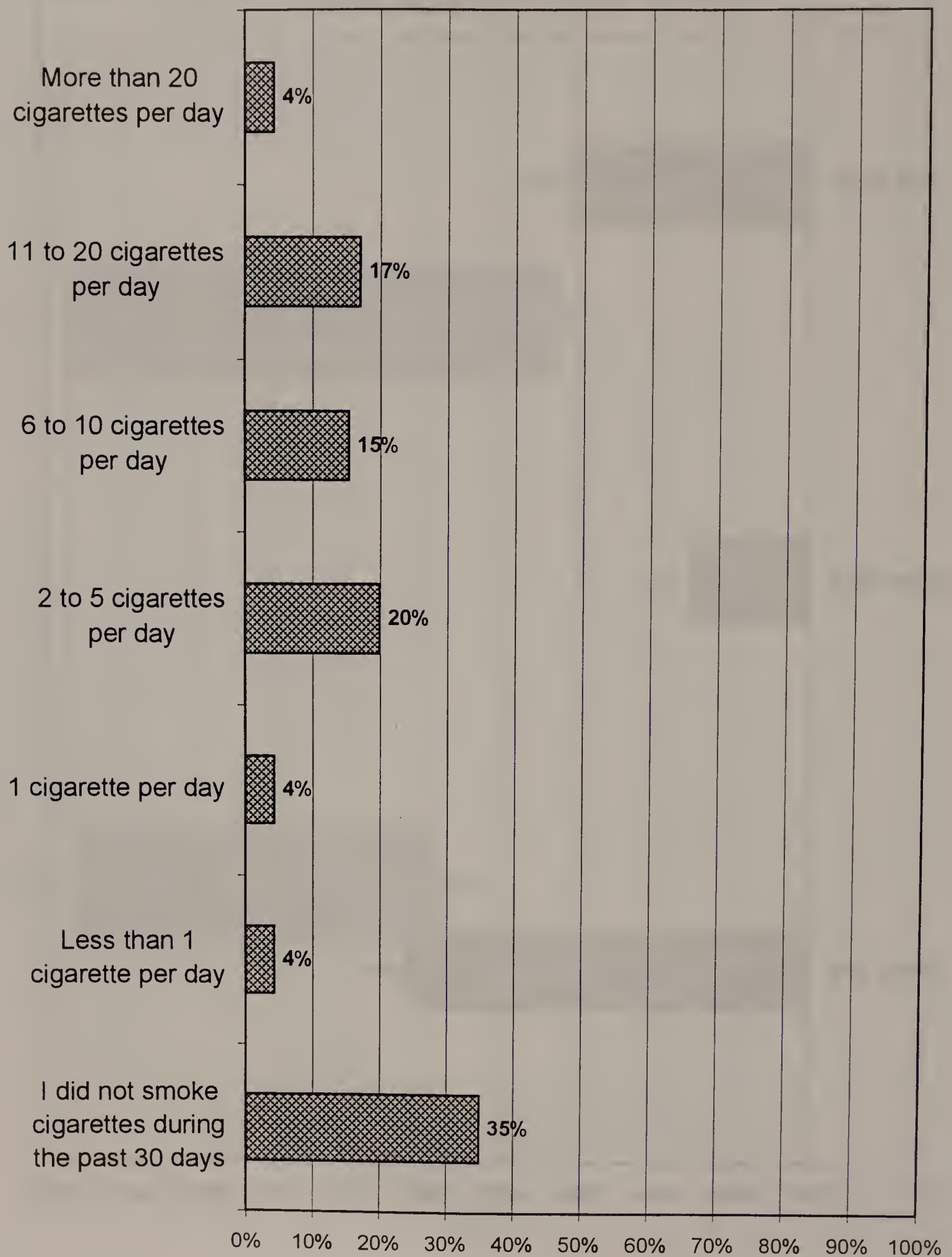


Chart 9

Q-38 During the past 30 days, on how many days did you smoke cigarettes on school property?

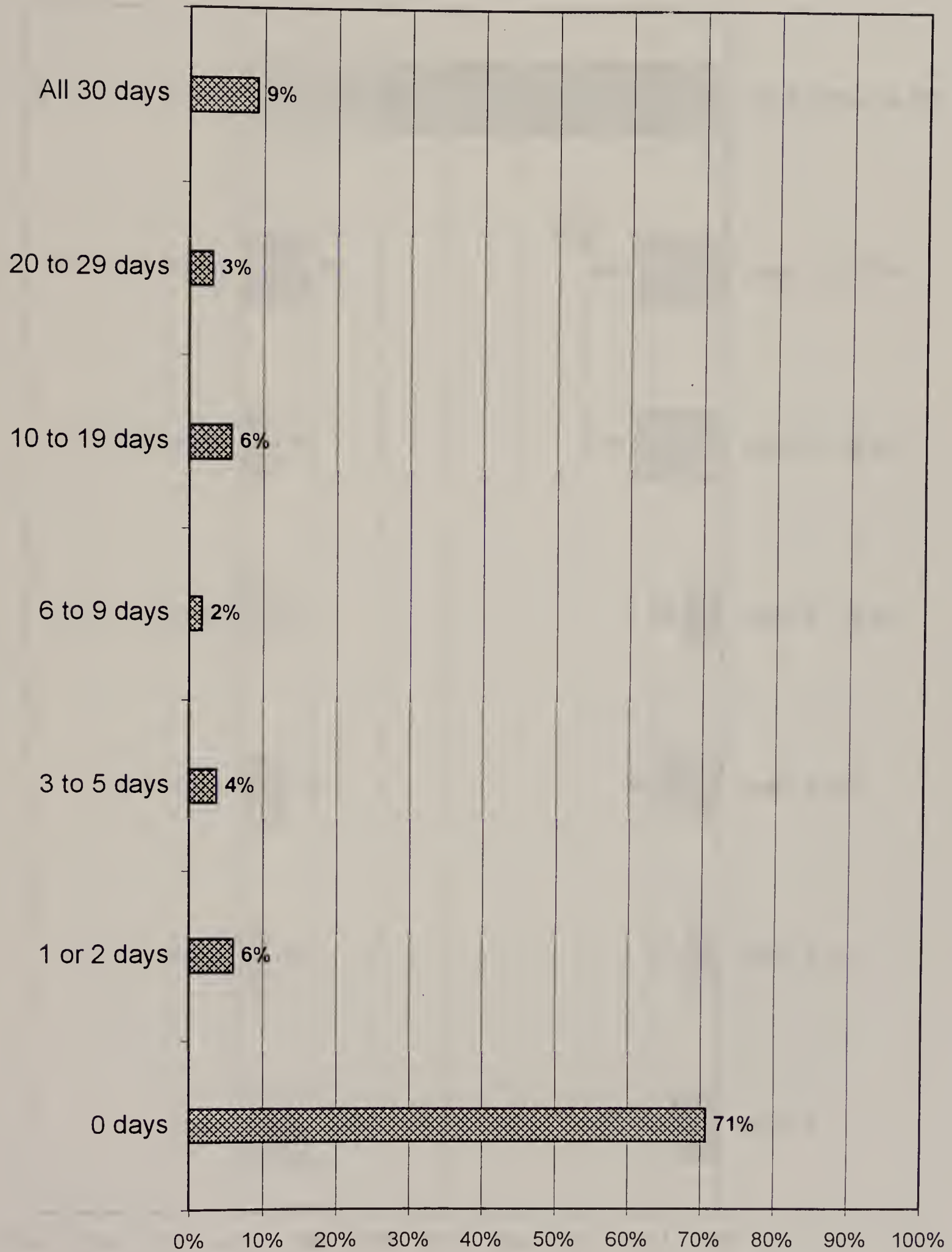


Chart 10

Q-50 During your life, on how many days have you had at least one drink of alcohol?

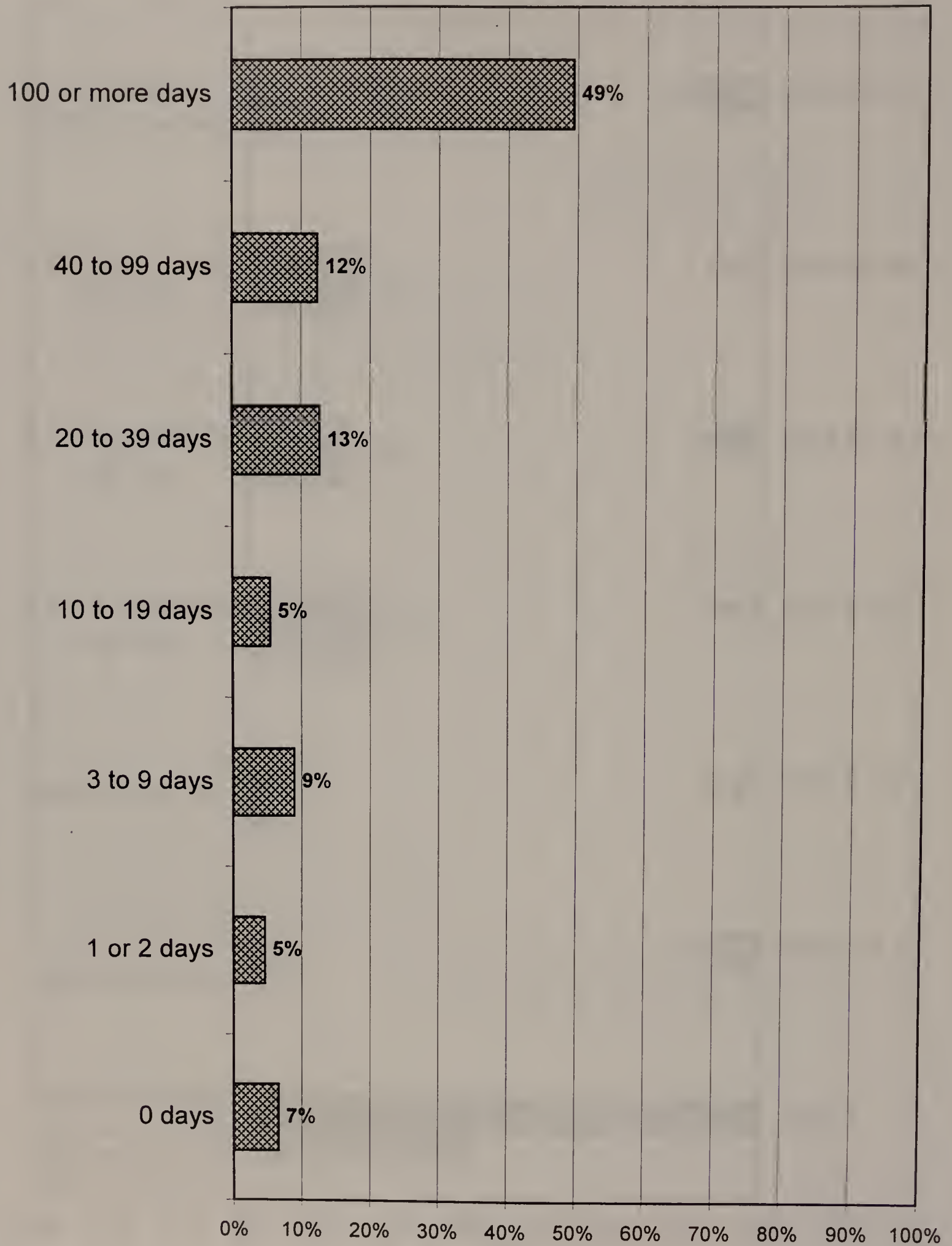


Chart 11
Q-55 During your life, how many times have you used marijuana?

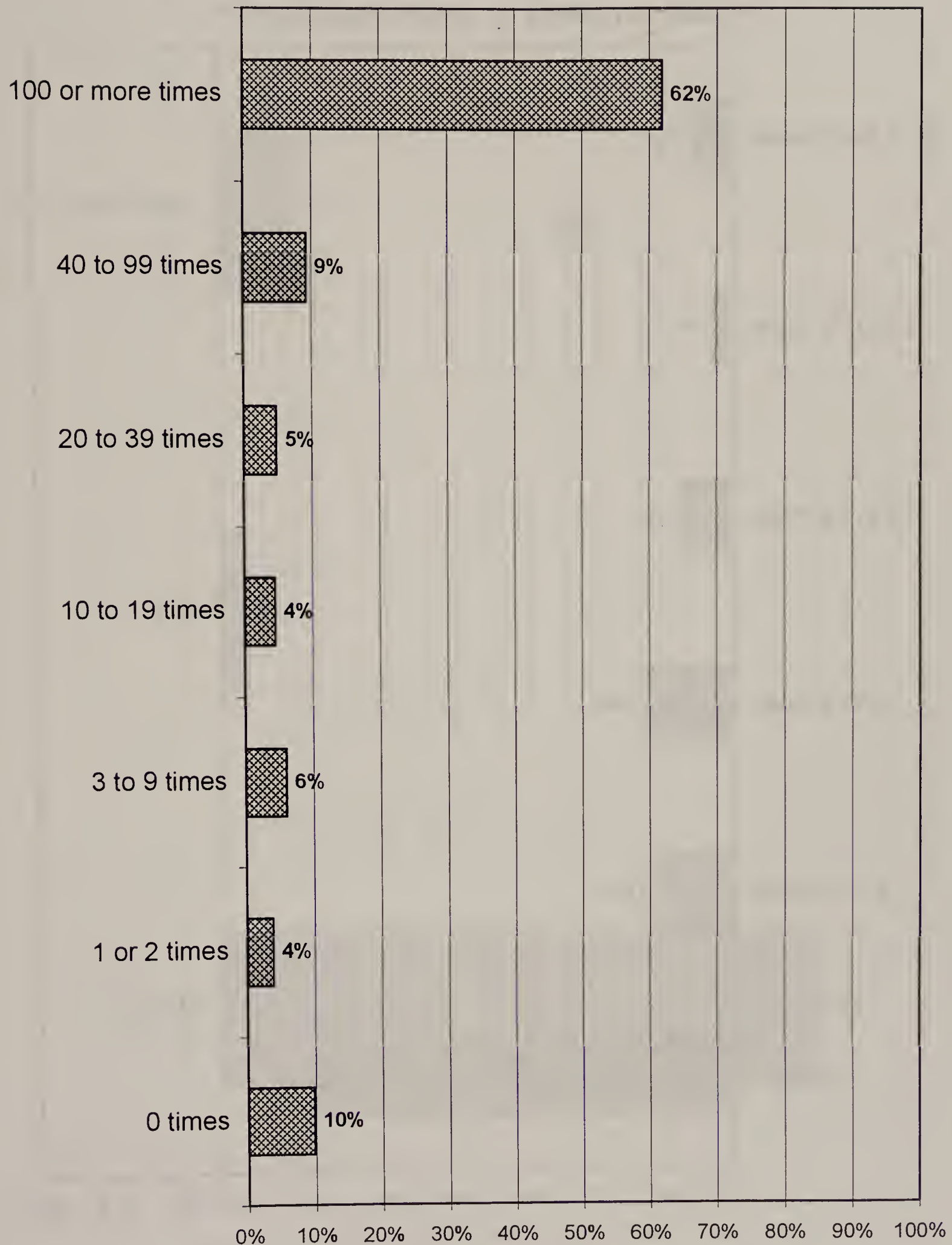


Chart 12

Q-61 During your life, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?

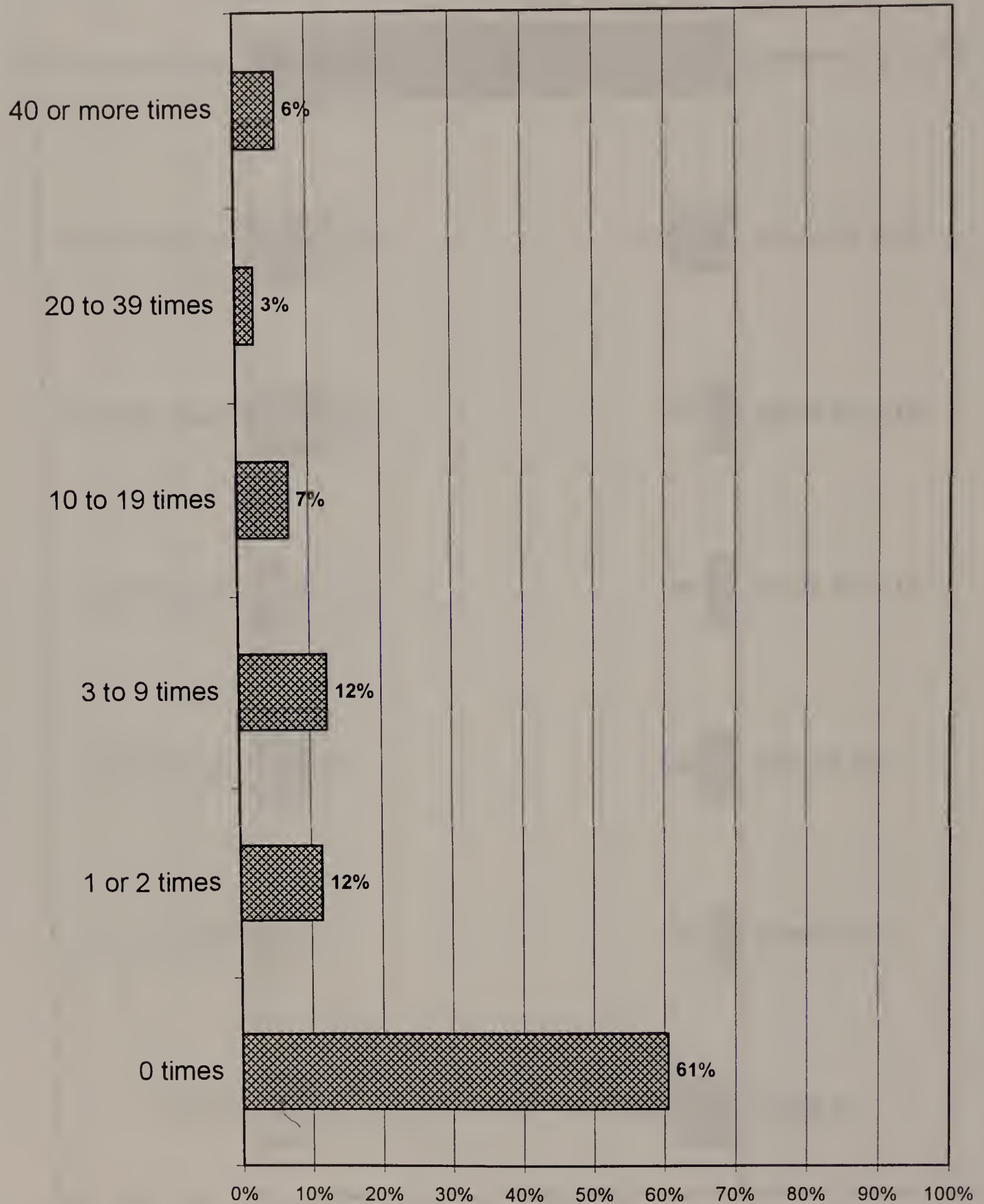


Chart 13

Q-66 During your life, how many times have you used a needle to inject any illegal drug into your body?

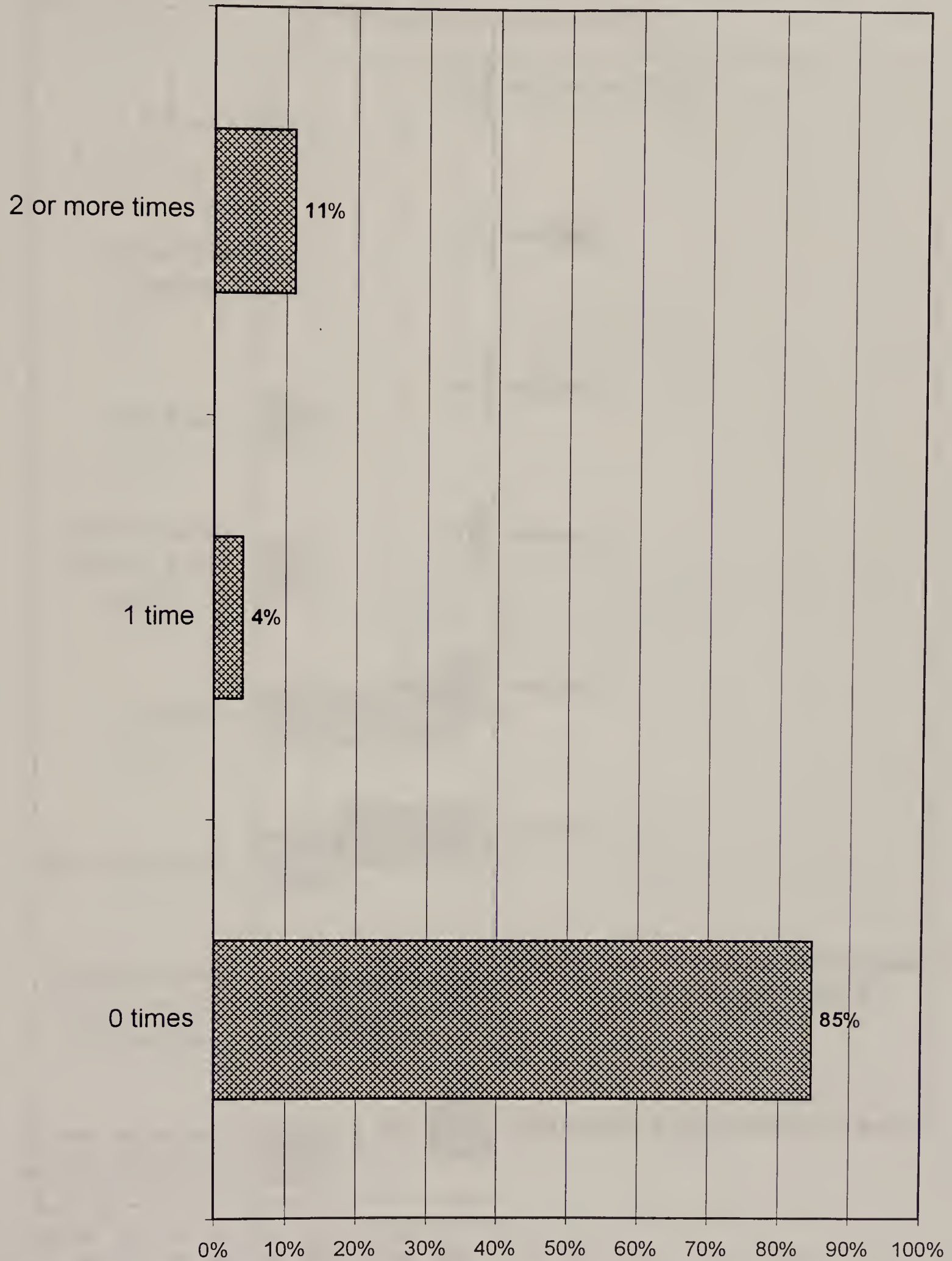


Chart 14

Q-71 During the past 3 months, with how many people did you have sexual intercourse?

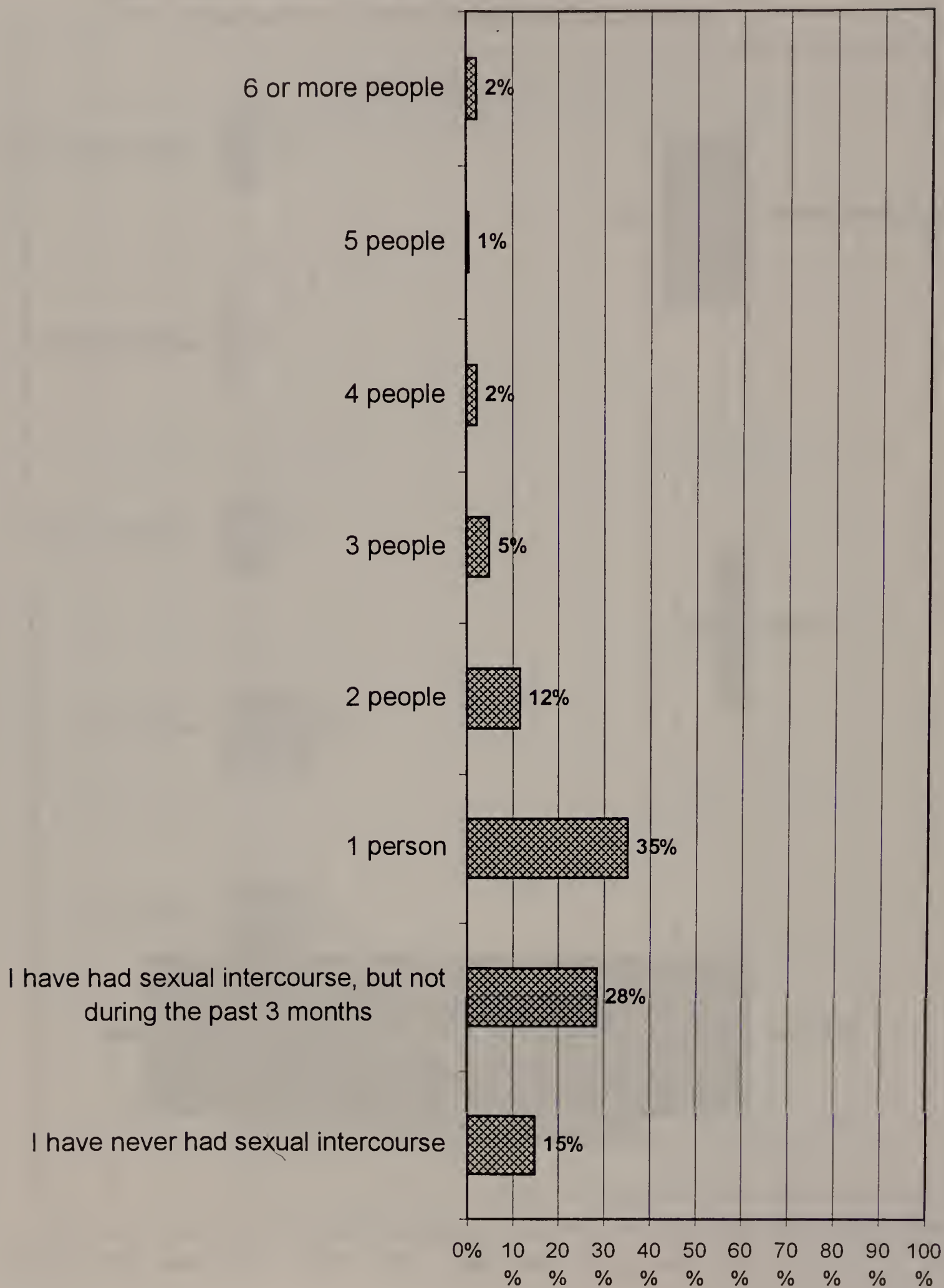


Chart 15

**Q-74 The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy?
(Select only one response.)**

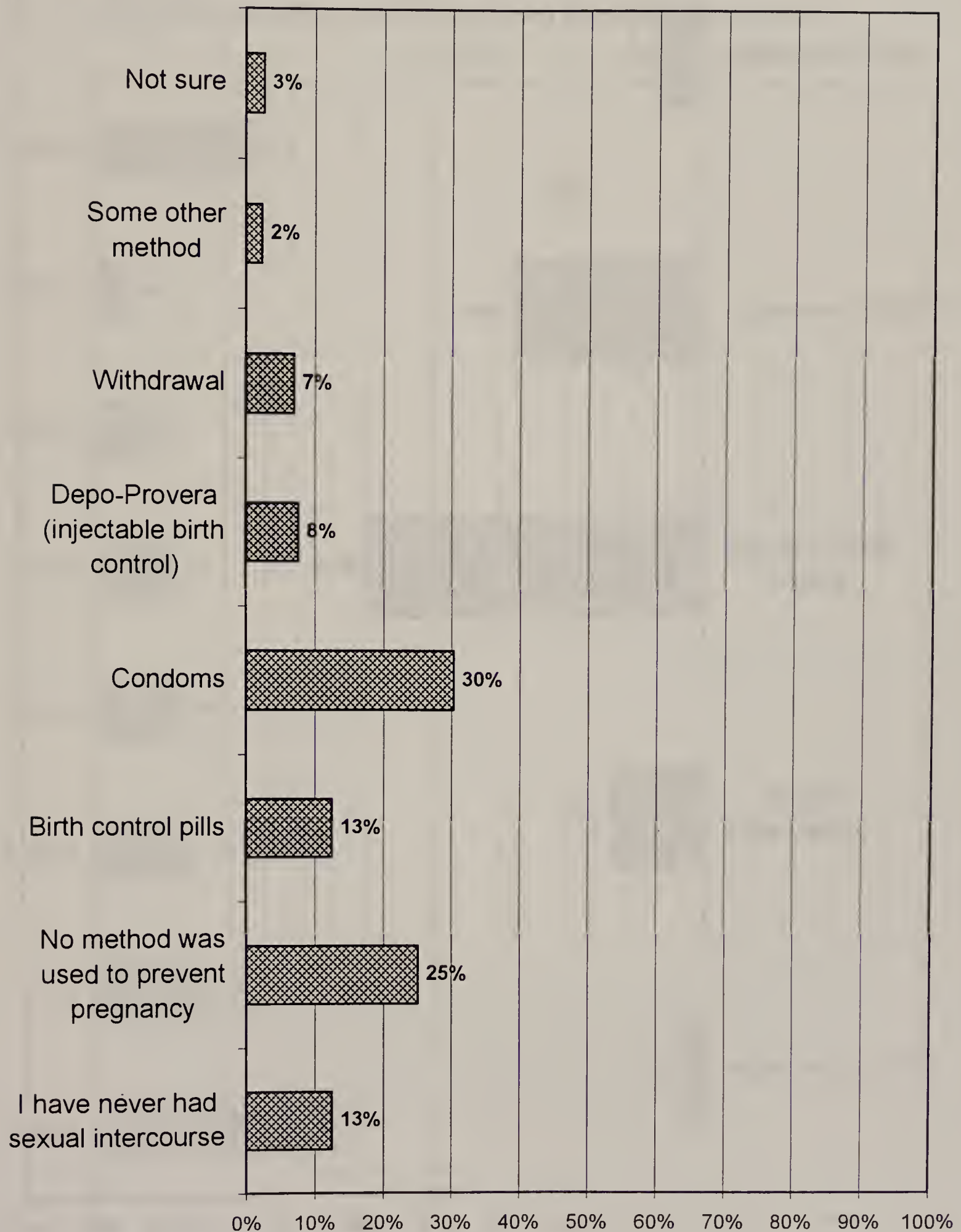


Chart 16

Q-76 How do you describe your weight?

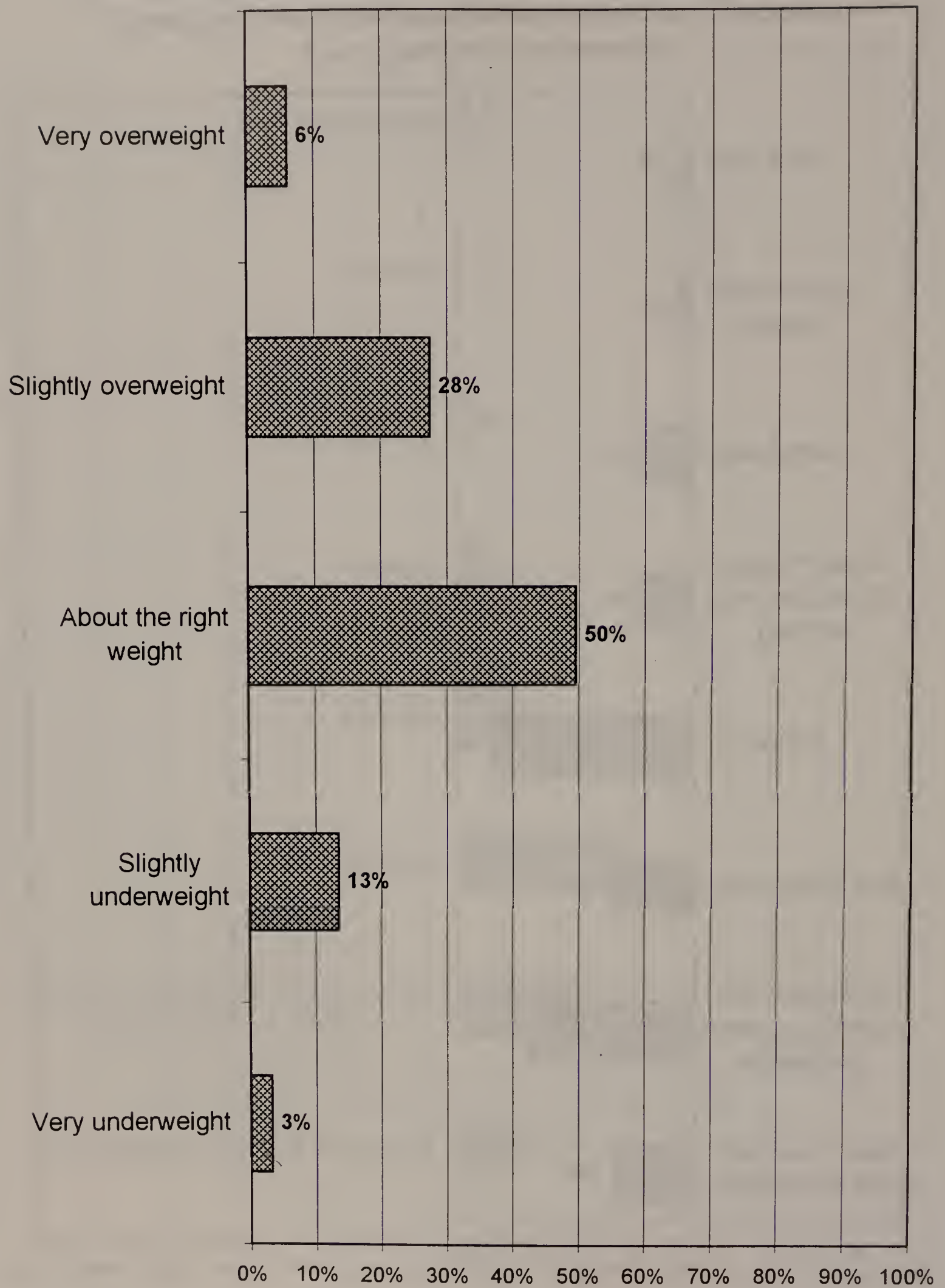


Chart 17

Q-91 On how many of the past 7 days did you participate in physical activity for at least 30 minutes that did not make you sweat or breathe hard, such as fast walking, slow bicycling, skating, pushing a lawn mower, or mopping floors?

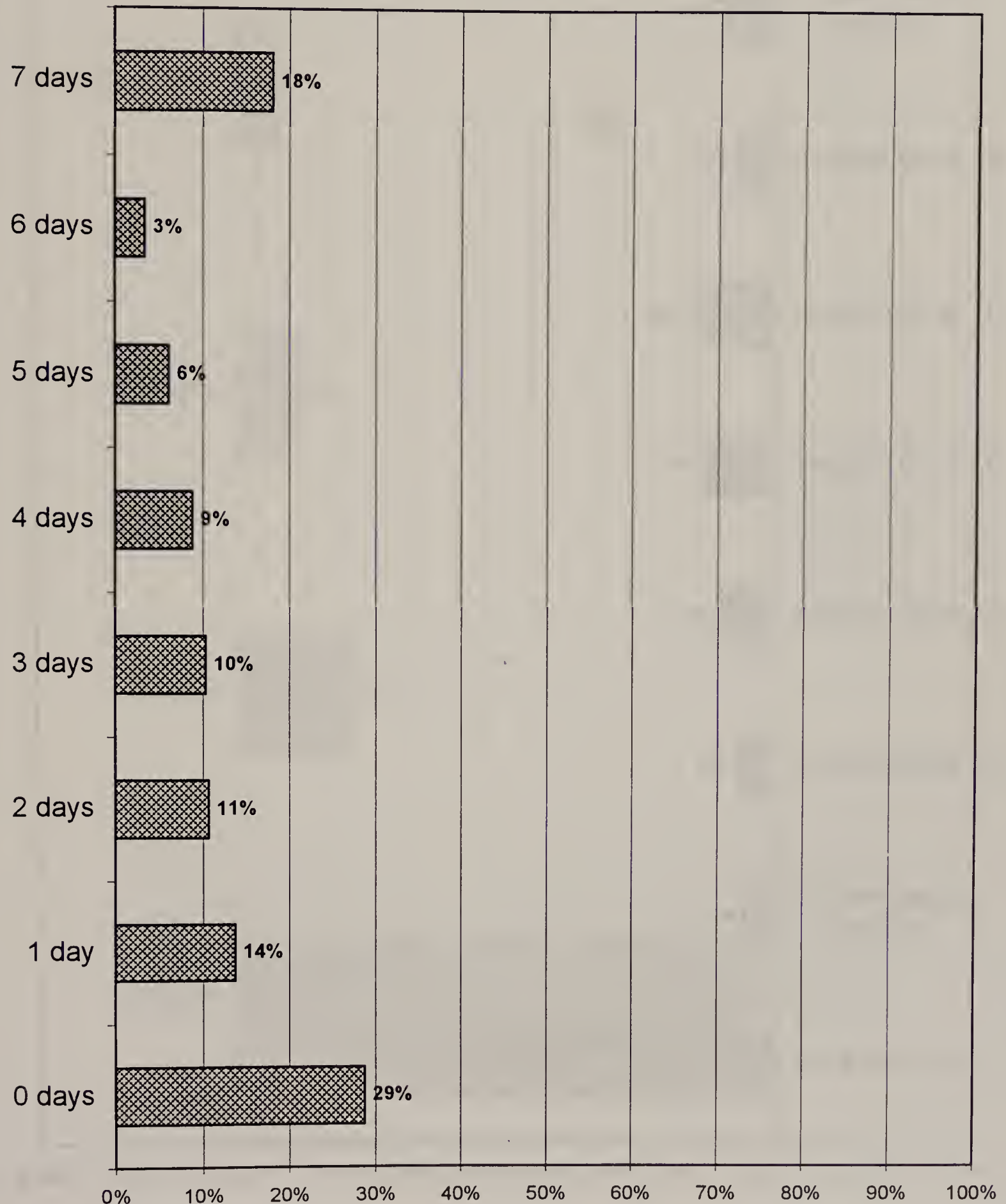


Chart 18

Q-95 During an average physical education (PE) class, how many minutes do you spend actually exercising or playing sports?

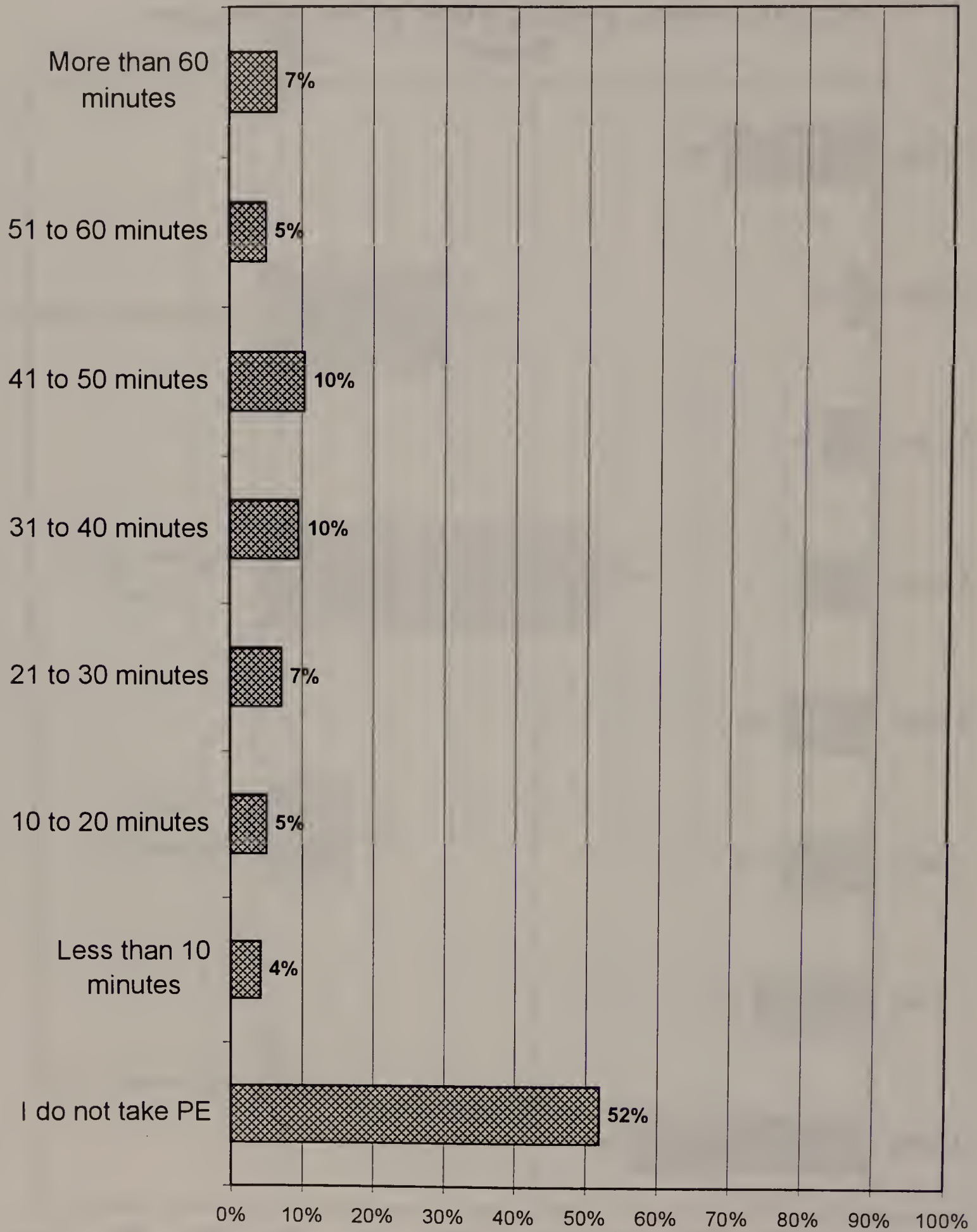


Chart 19

Q-96 During the past 12 months, on how many sports teams did you play? (Include any teams run by your school or community groups.)

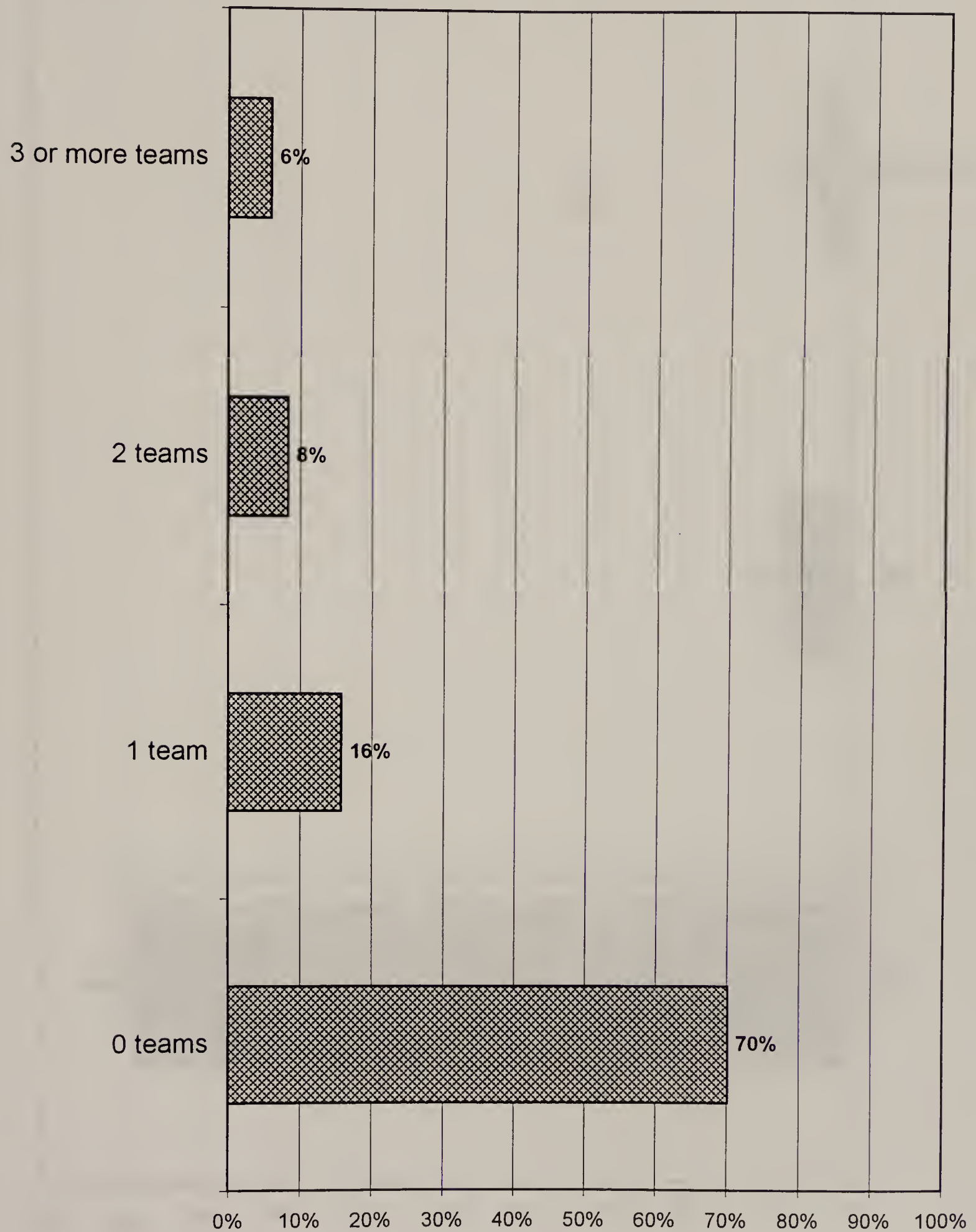
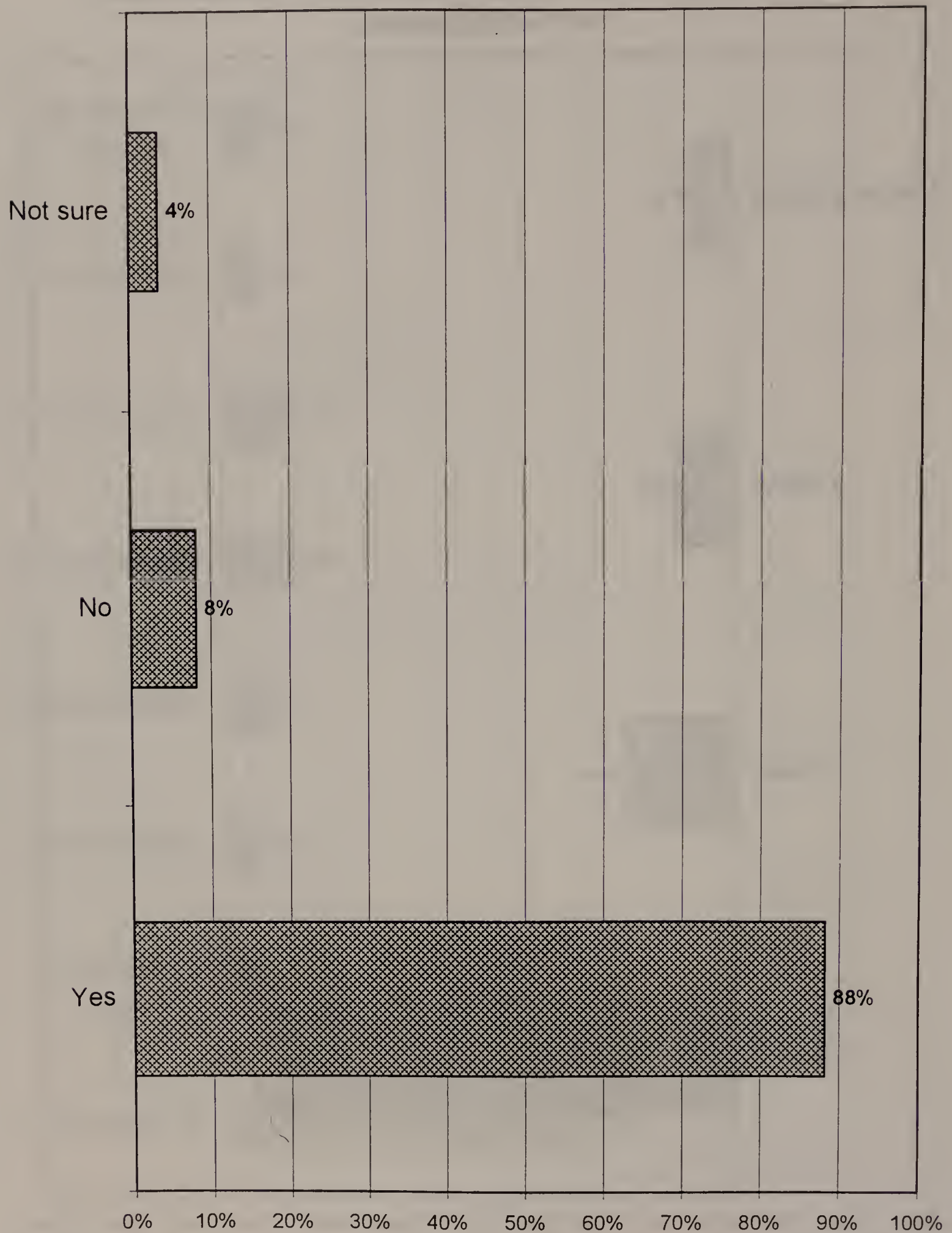


Chart 20

Q-97 Have you ever been taught about AIDS or HIV infection in school?



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Linda McCulloch, Superintendent

Montana Office of Public Instruction

P.O. Box 202501

Helena, Montana 59620-2501